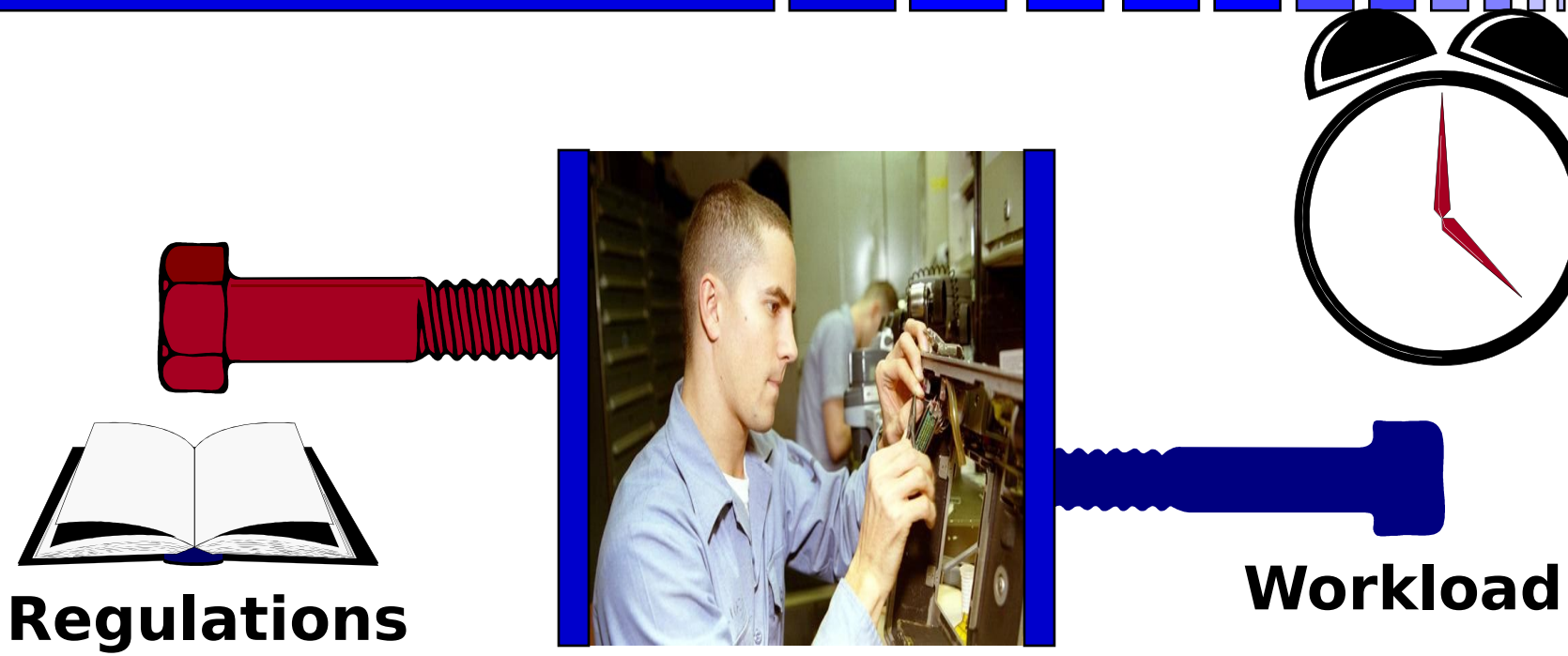
Navy Command Fitness Leader Training

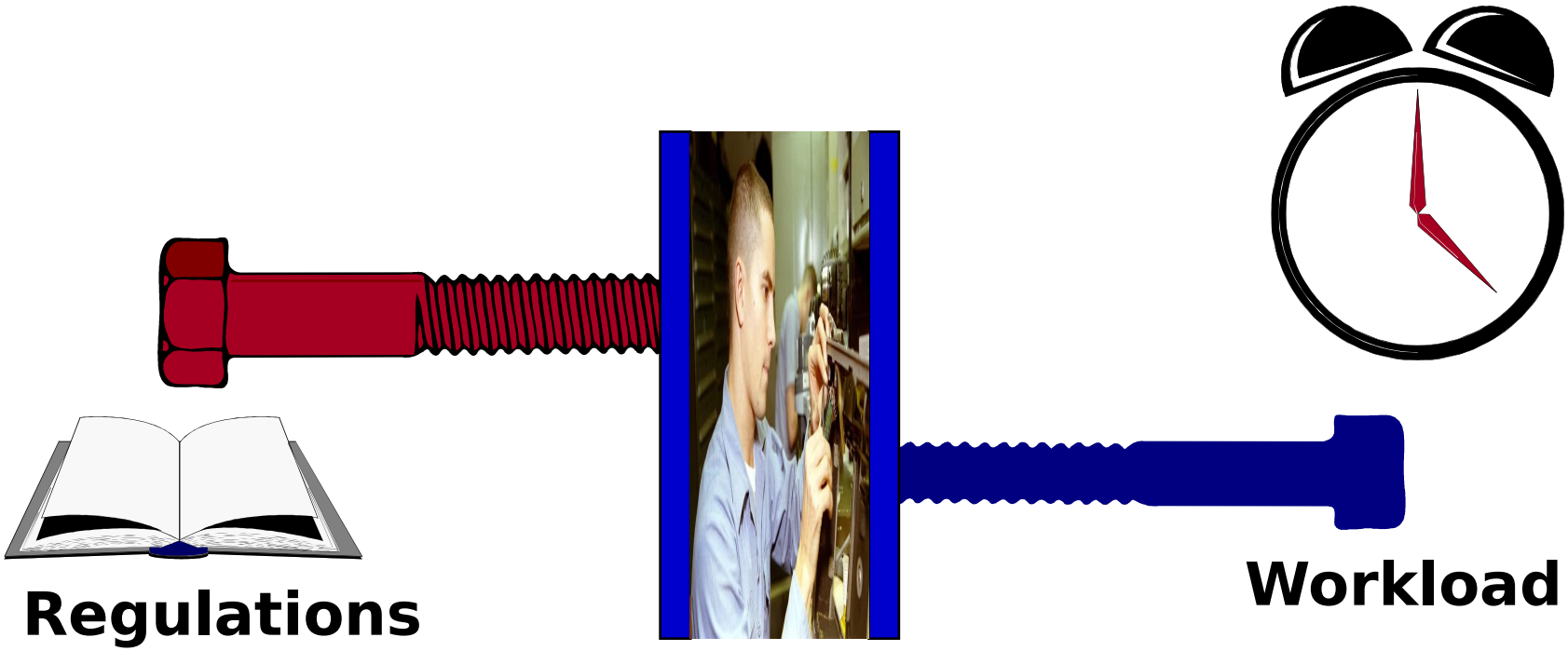
Navy Command Fitness Leader Trainin

- **Administration**
- **Ground Rules**
- **Teams**
- **Exercise**

????
WAIVERS
Eat my Way out
PRT
PROMOTION
Confused??
Waiver #1
Who?
When?
How long?
Body Fat
DISCHARGE!
MEDICAL BOARD
I'm NOT fat JUST SHORT.
Frocking?
WHAT DOES IT MEAN?



The Fitness Squeeze


Regulations
Workload

“I don’t need to be fit to do my job.
- I’m not a Marine.”

“We are sailors…. We don’t need to be fi

Physical fitness is a reflection of the ability to
with vigor and pleasure without undue fatigue
energy left for enjoying hobbies and recreation
activities,

and for meeting unforeseen emergencies

American Council on Exercise

“We are sailors…. We don’t need to be fit”

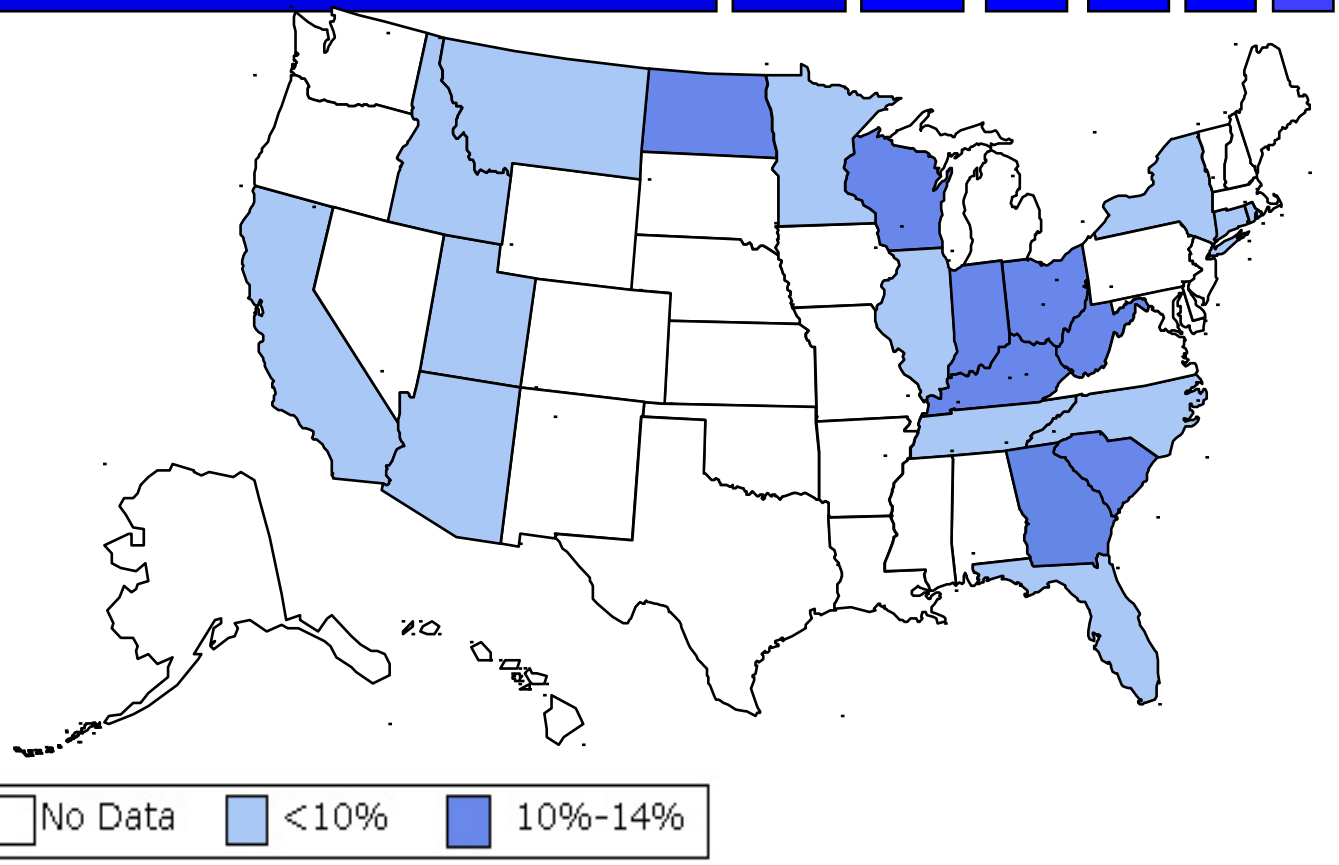
Sure You Do!

Required to Reverse Trends in Society

- [x] **Today's students generally have more body fat and perform more poorly in cardiovascular endurance events than students in the past.**
- [x] **"Middle age for the average person begins at age 26, because at that age he or she has the physical capacity that our ancestors had when they were 40."**

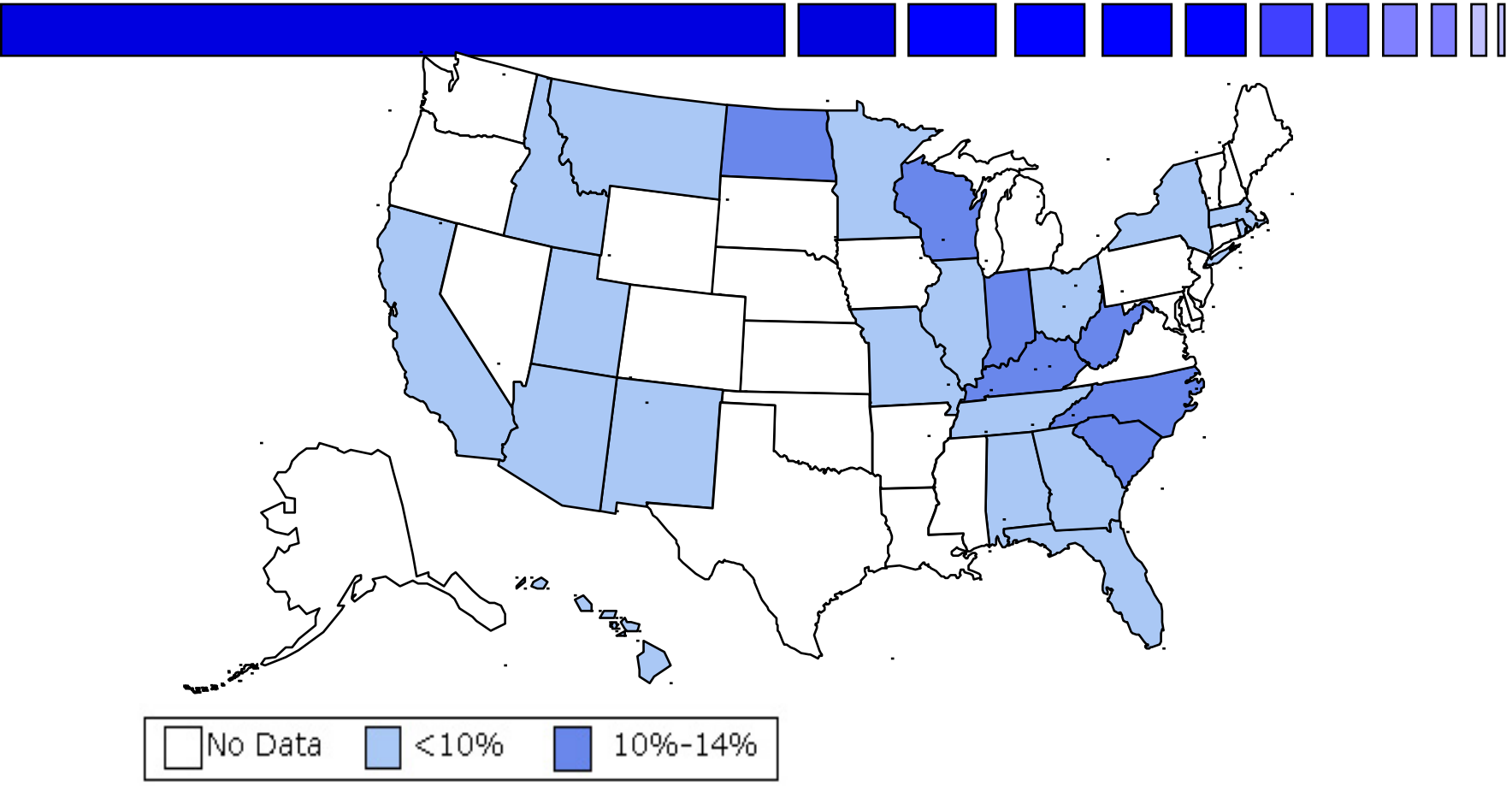
Dr. Thomas Cureton

Obesity Trends* Among U.S. Adults
BRFSS, 1985-2001



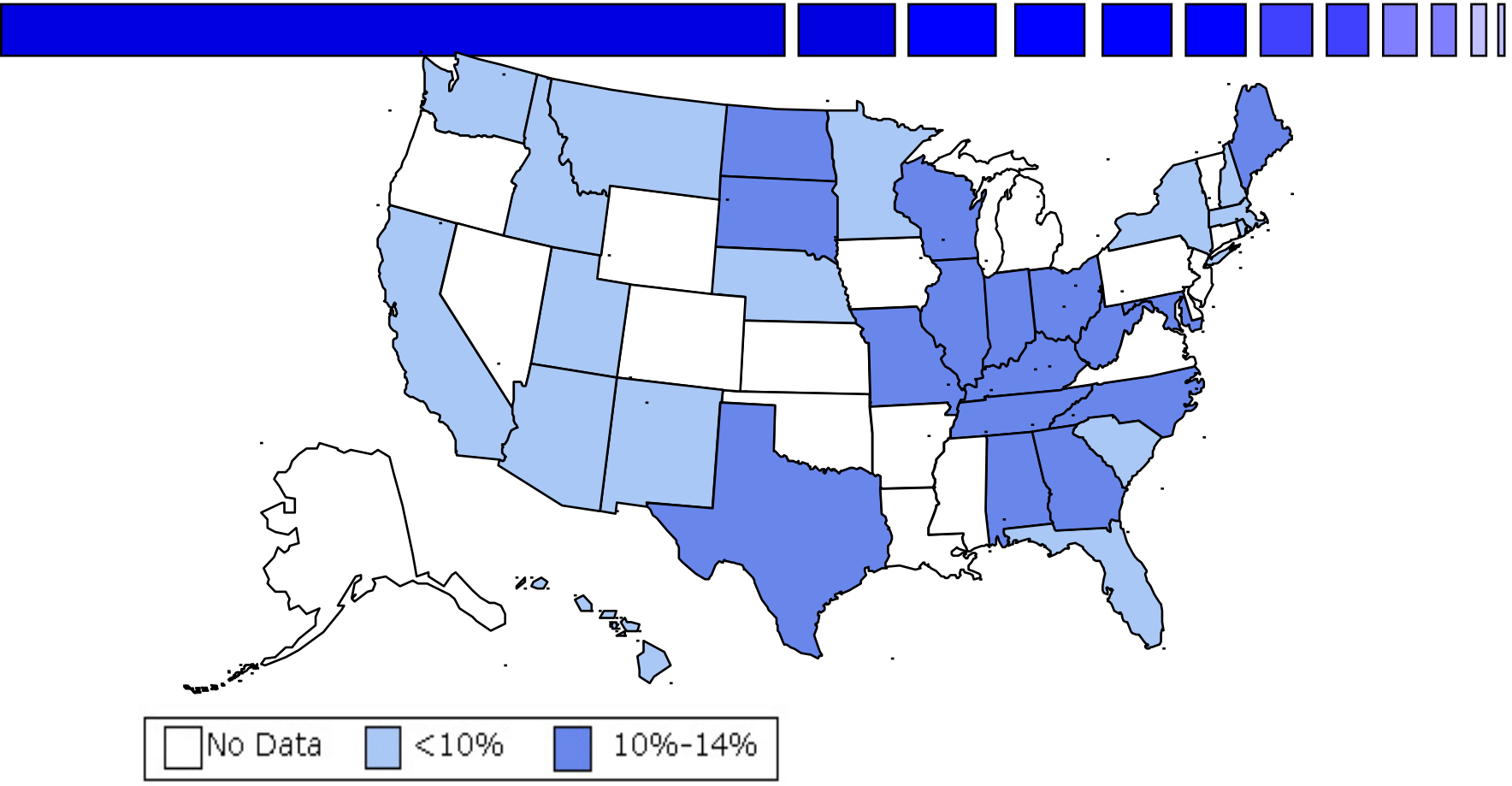
Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults
BRFSS, 1986



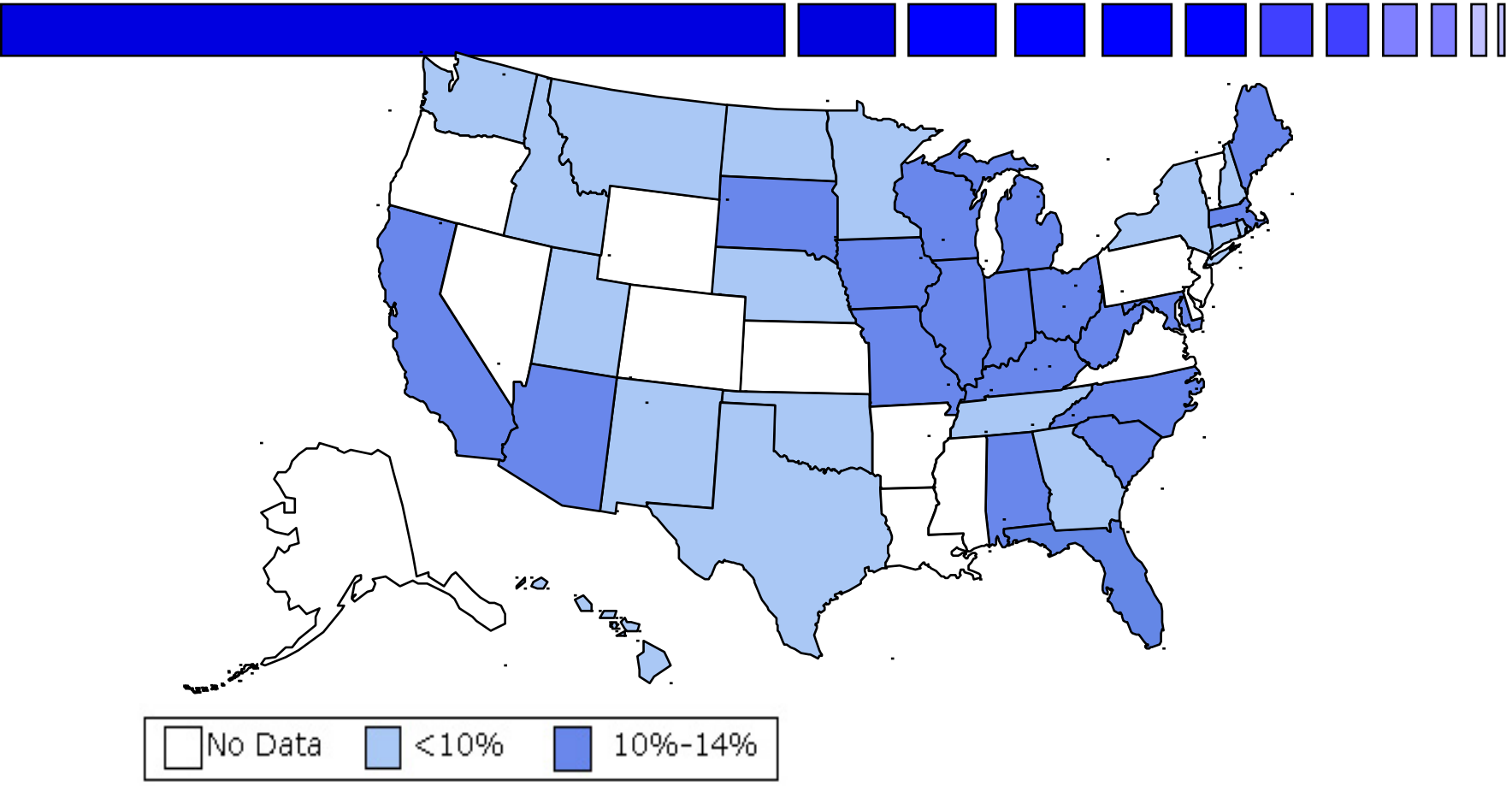
Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults
BRFSS, 1987



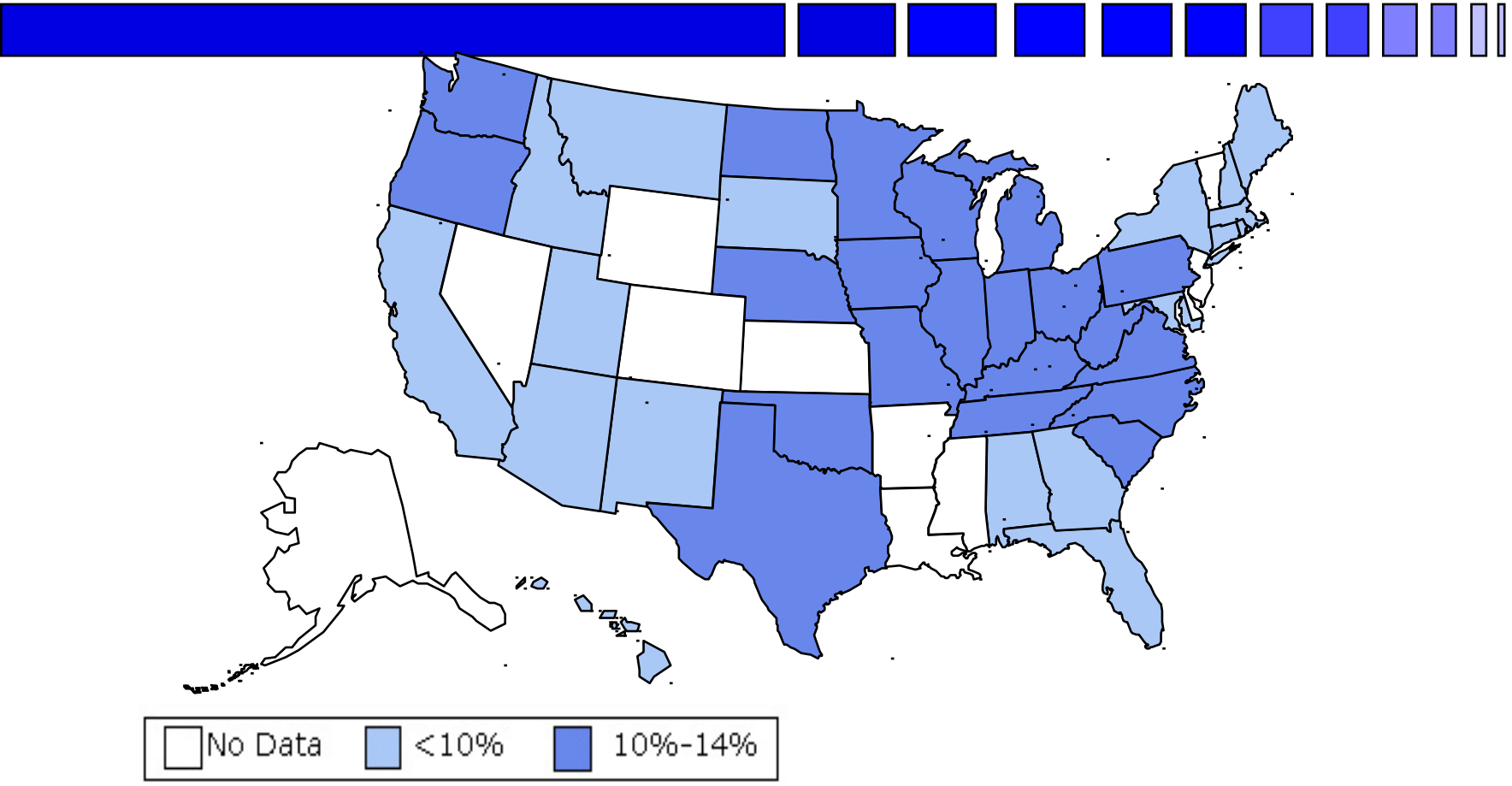
Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults
BRFSS, 1988



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults
BRFSS, 1989



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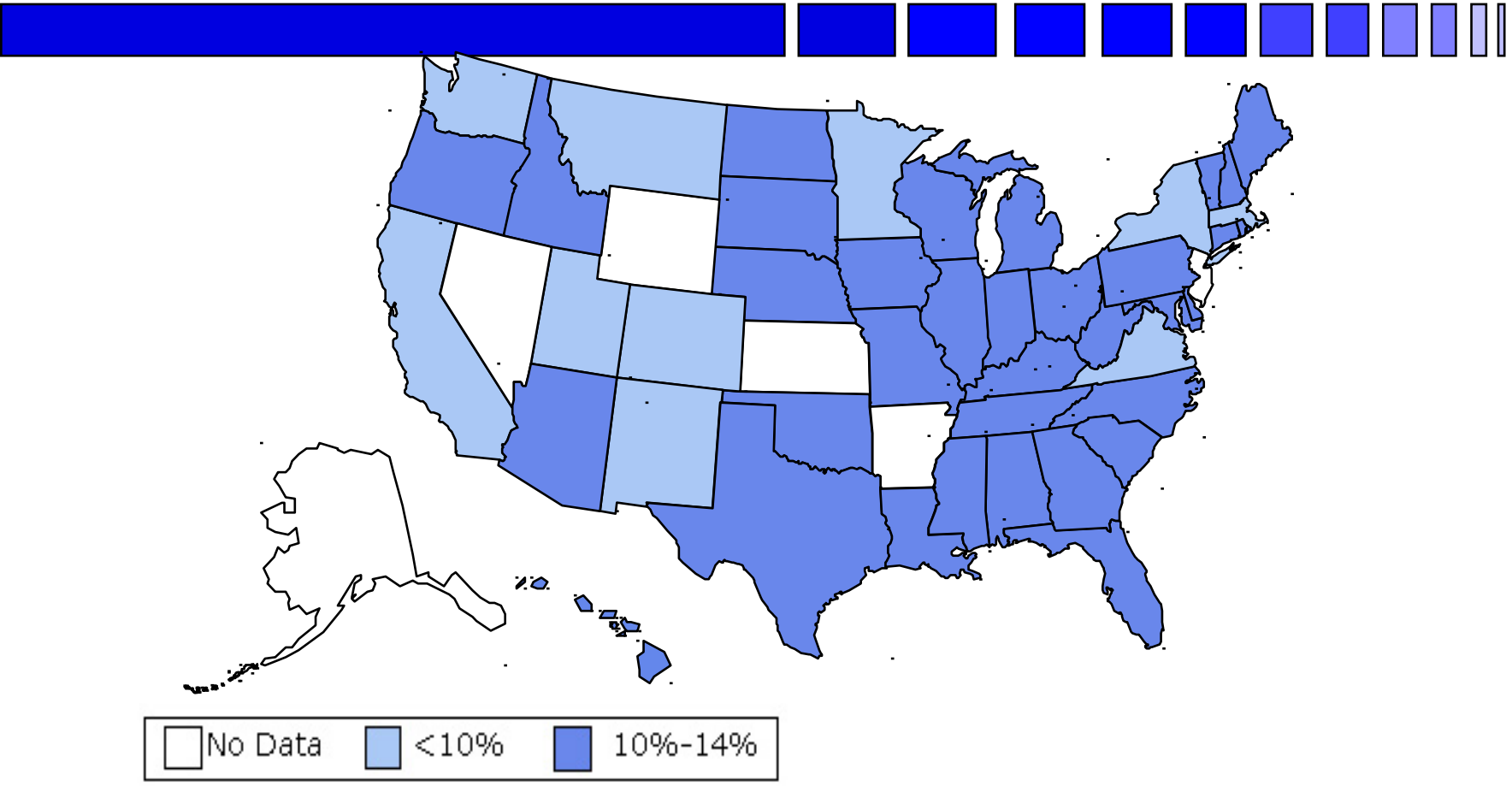
BRFSS, 1990



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

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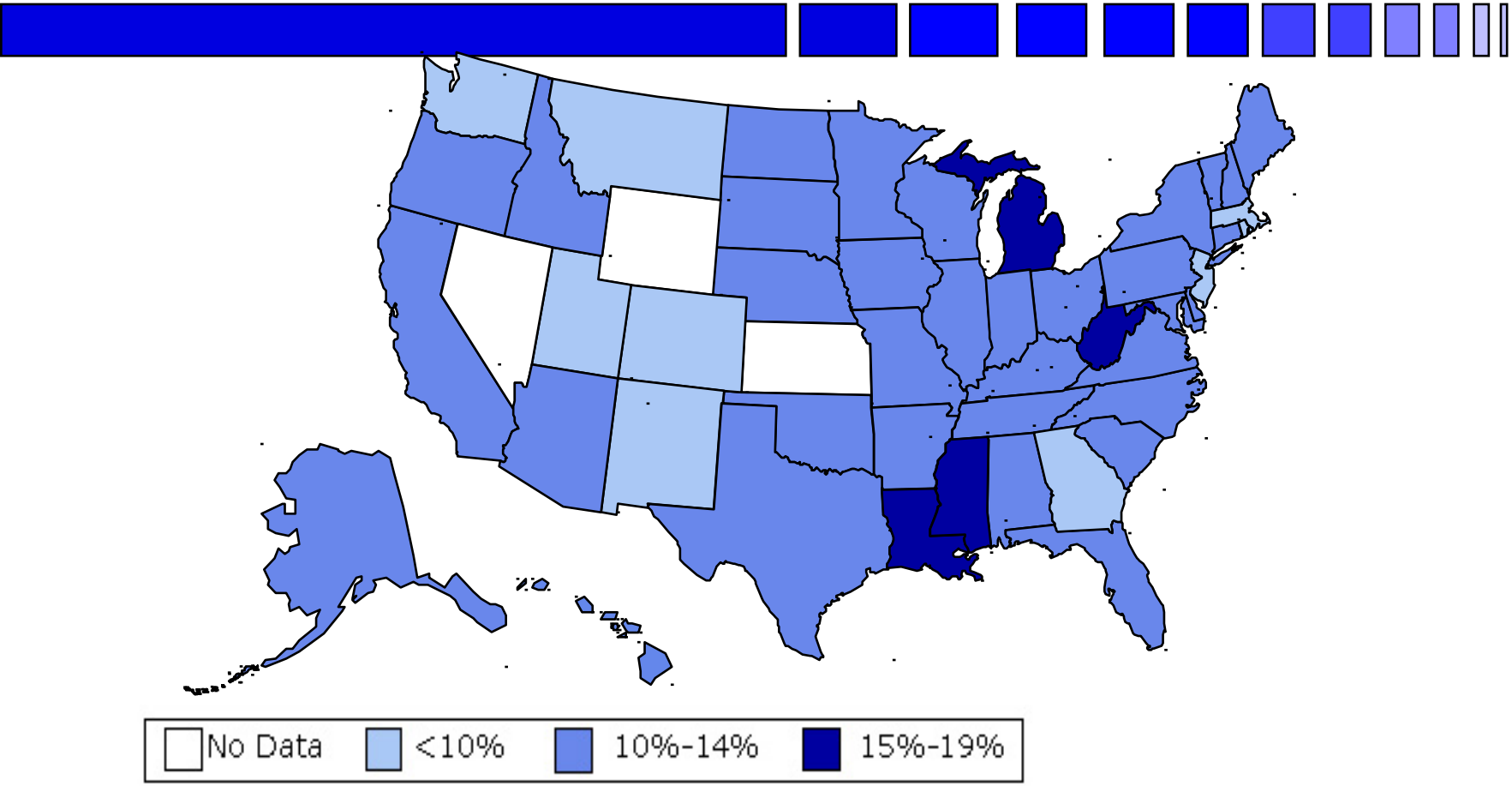
BRFSS, 1991



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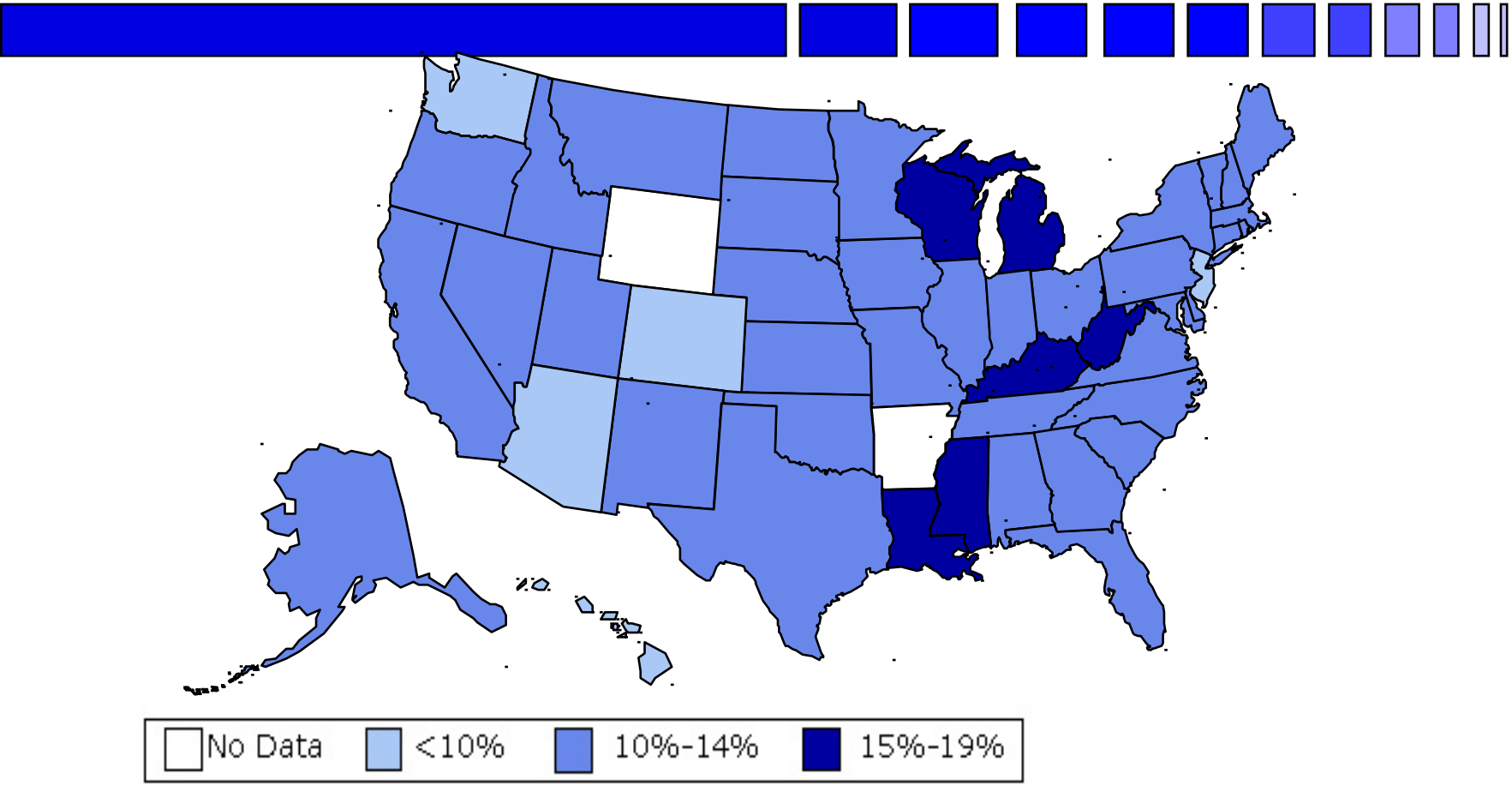
Obesity Trends* Among U.S. Adults
BRFSS, 1992



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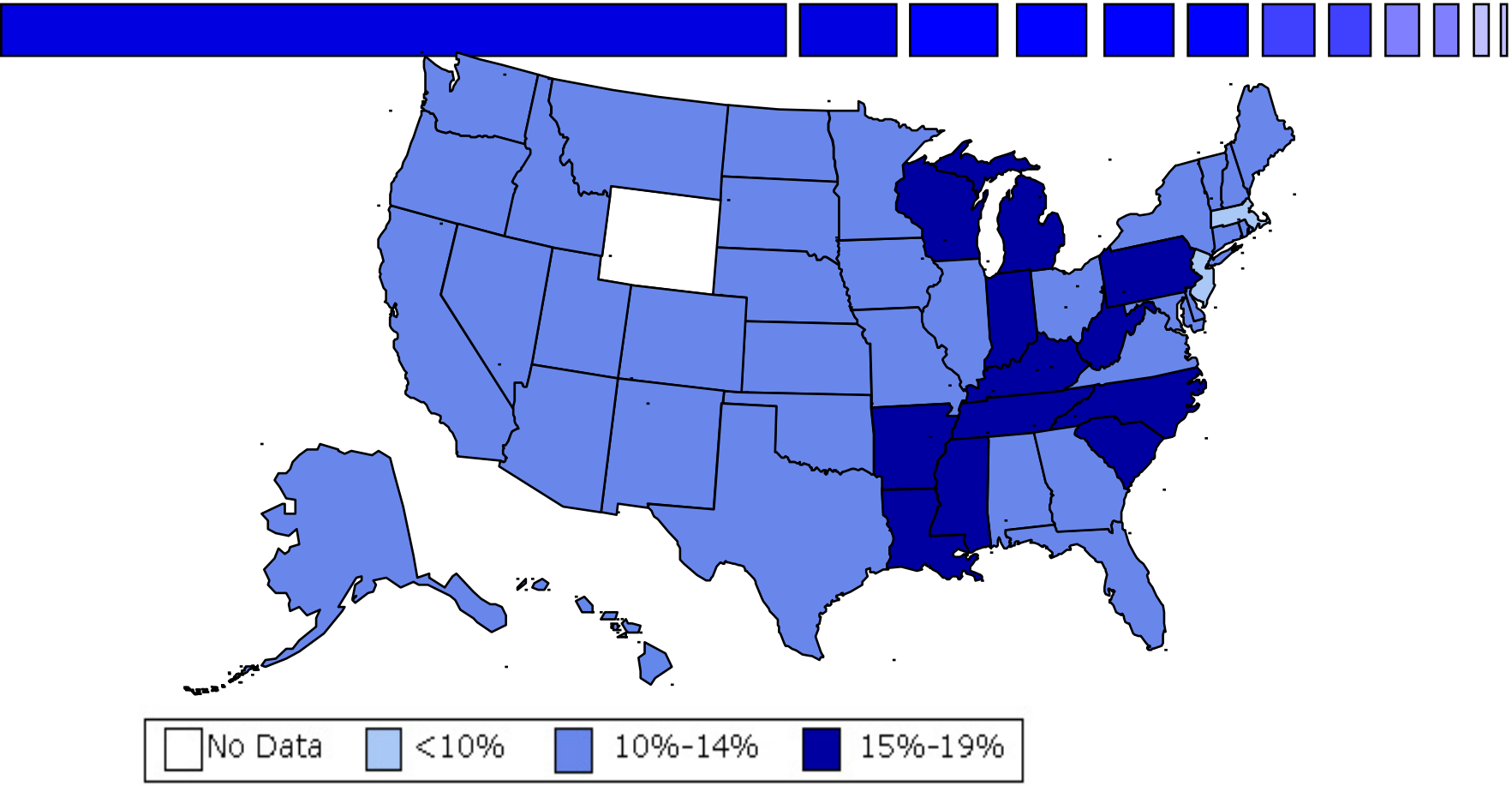
Obesity Trends* Among U.S. Adults
BRFSS, 1993



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Obesity Trends* Among U.S. Adults
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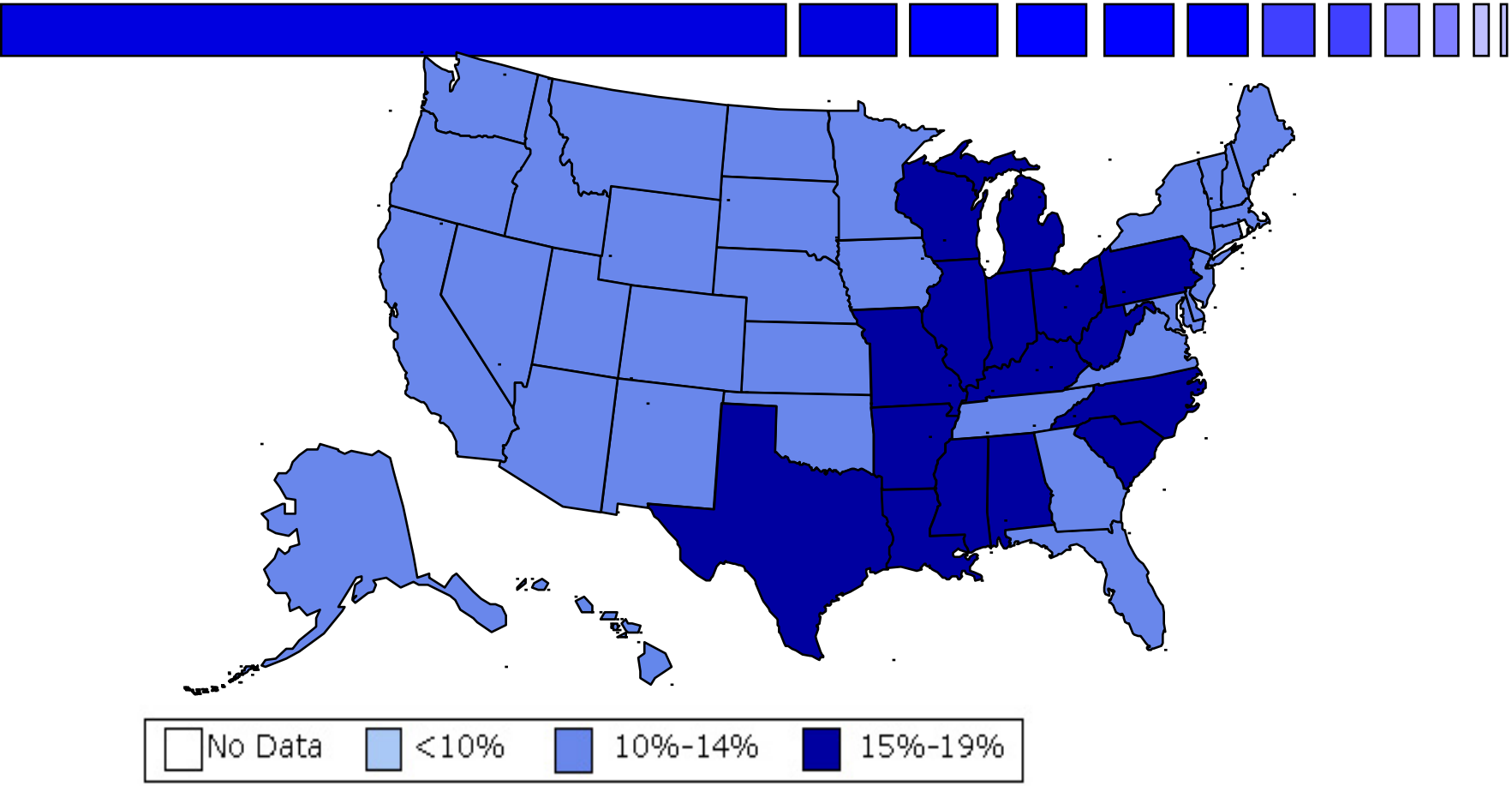

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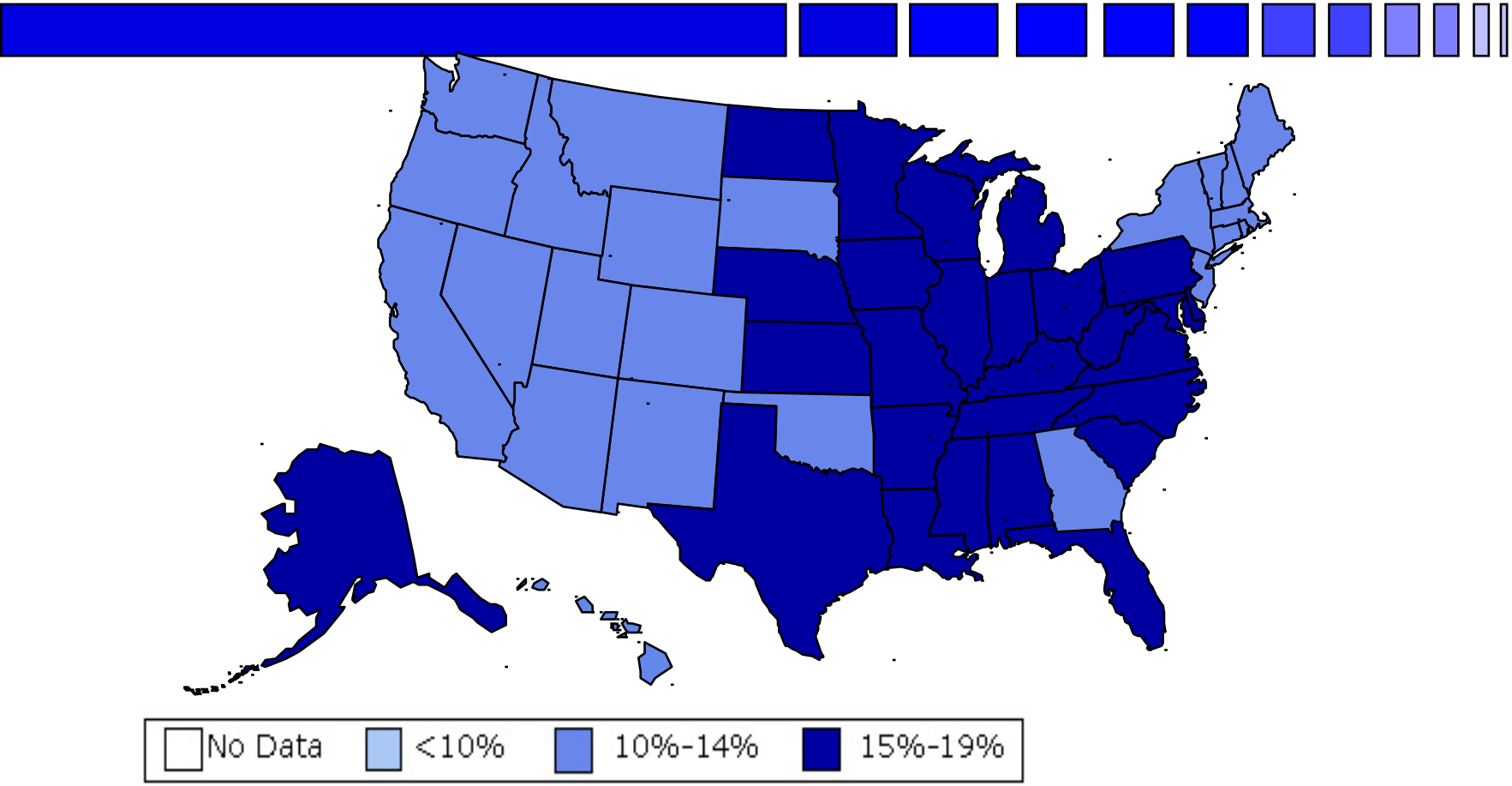
Obesity Trends* Among U.S. Adults
BRFSS, 1995



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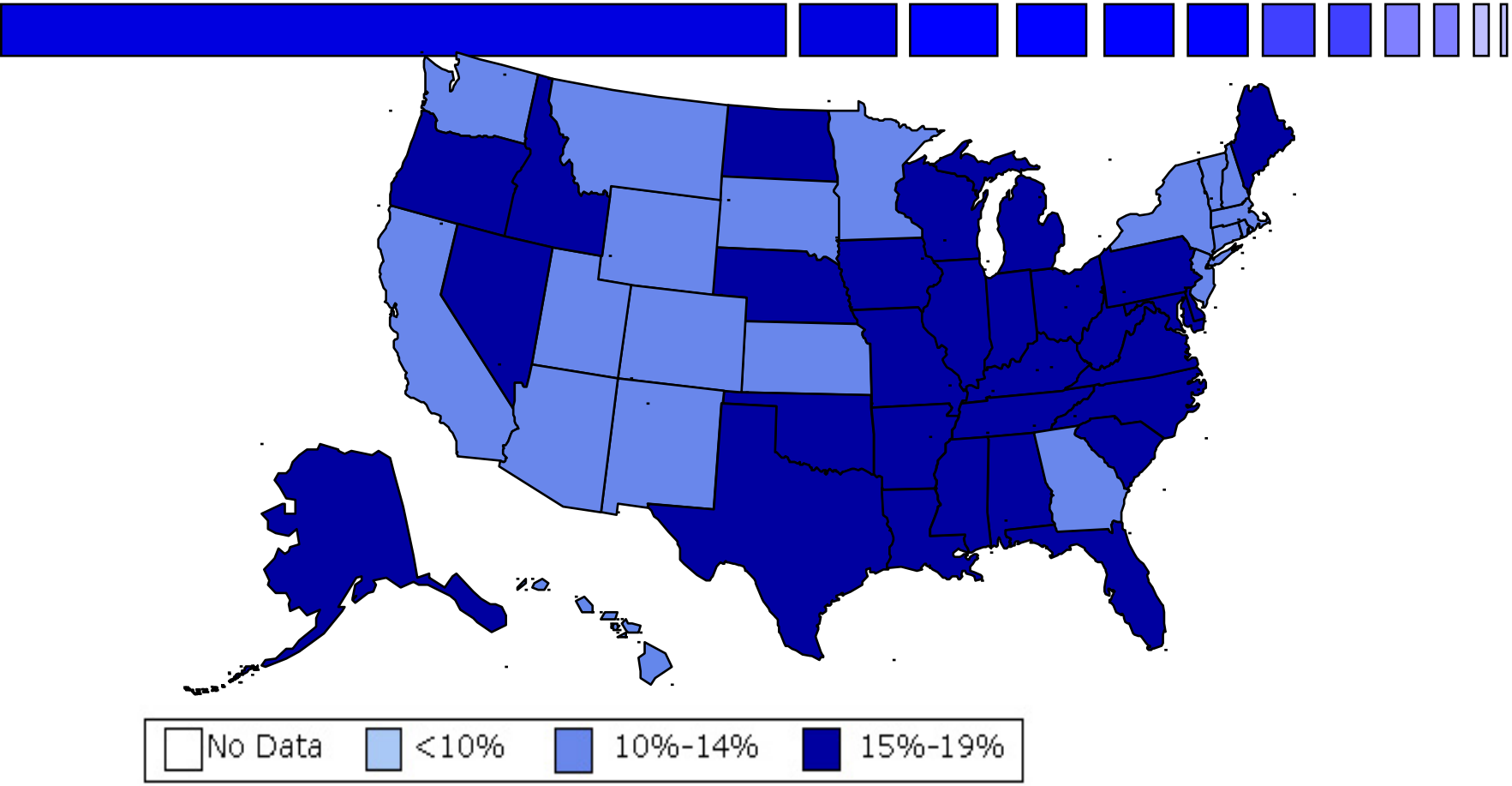

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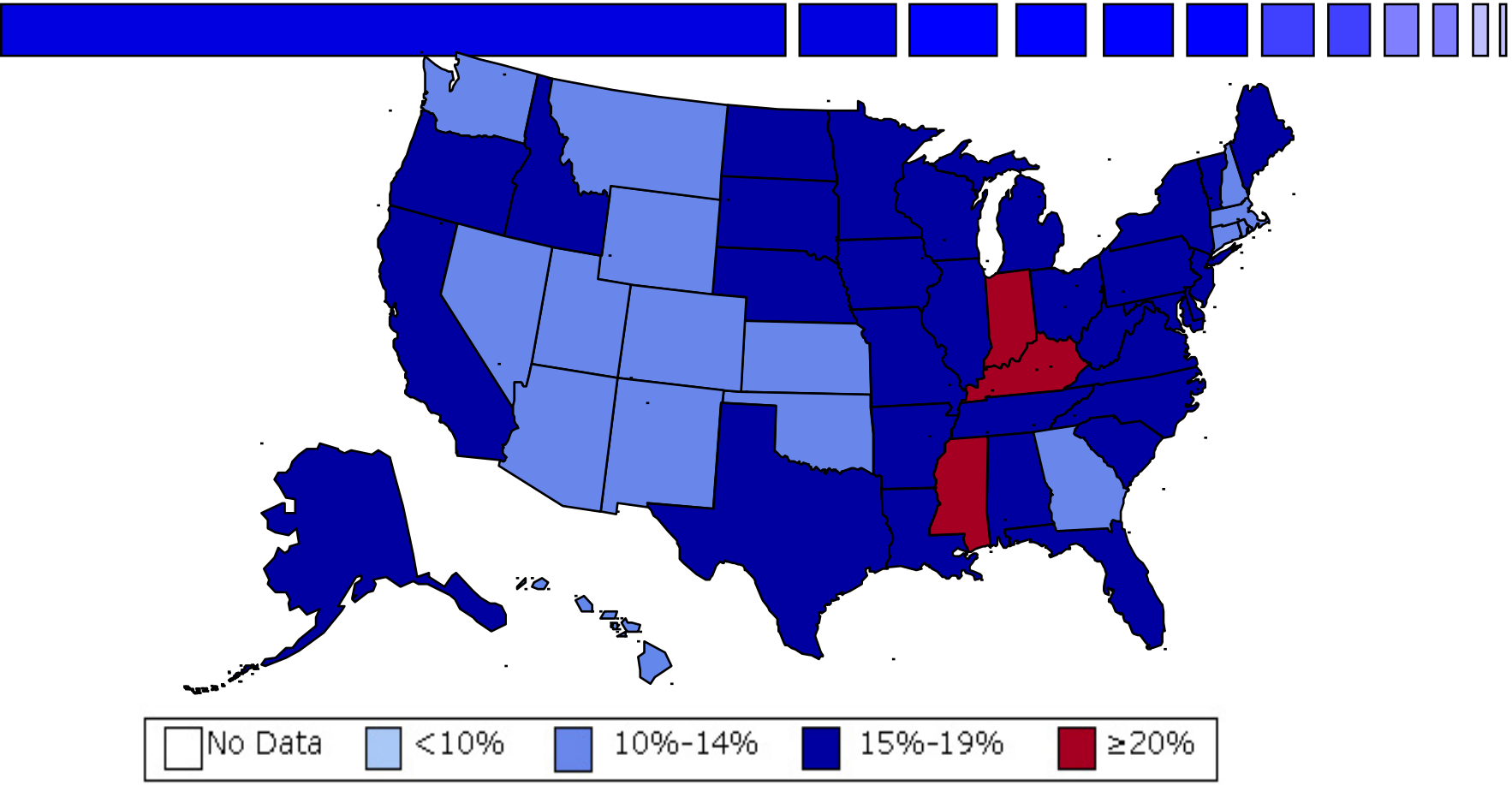

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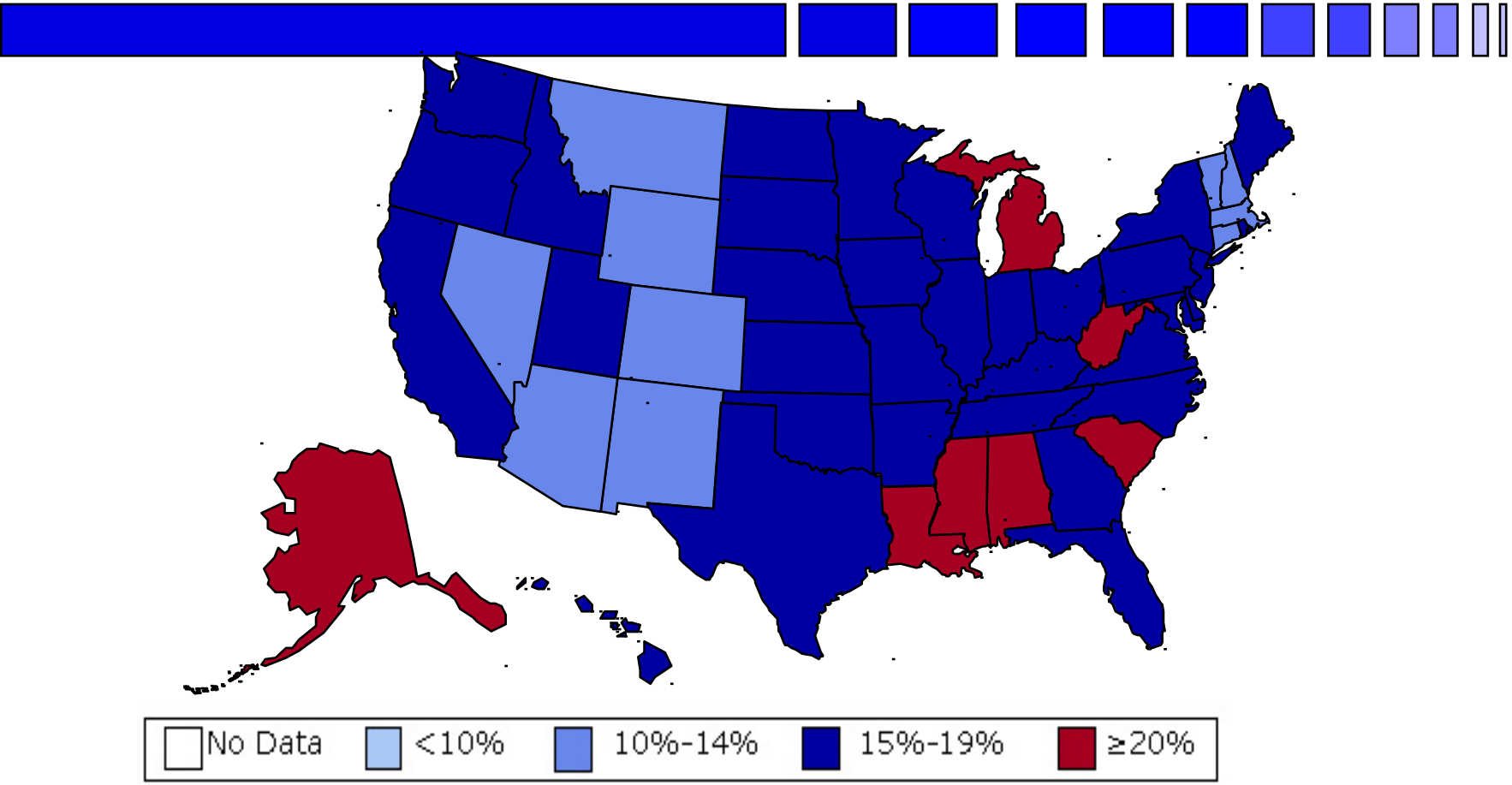

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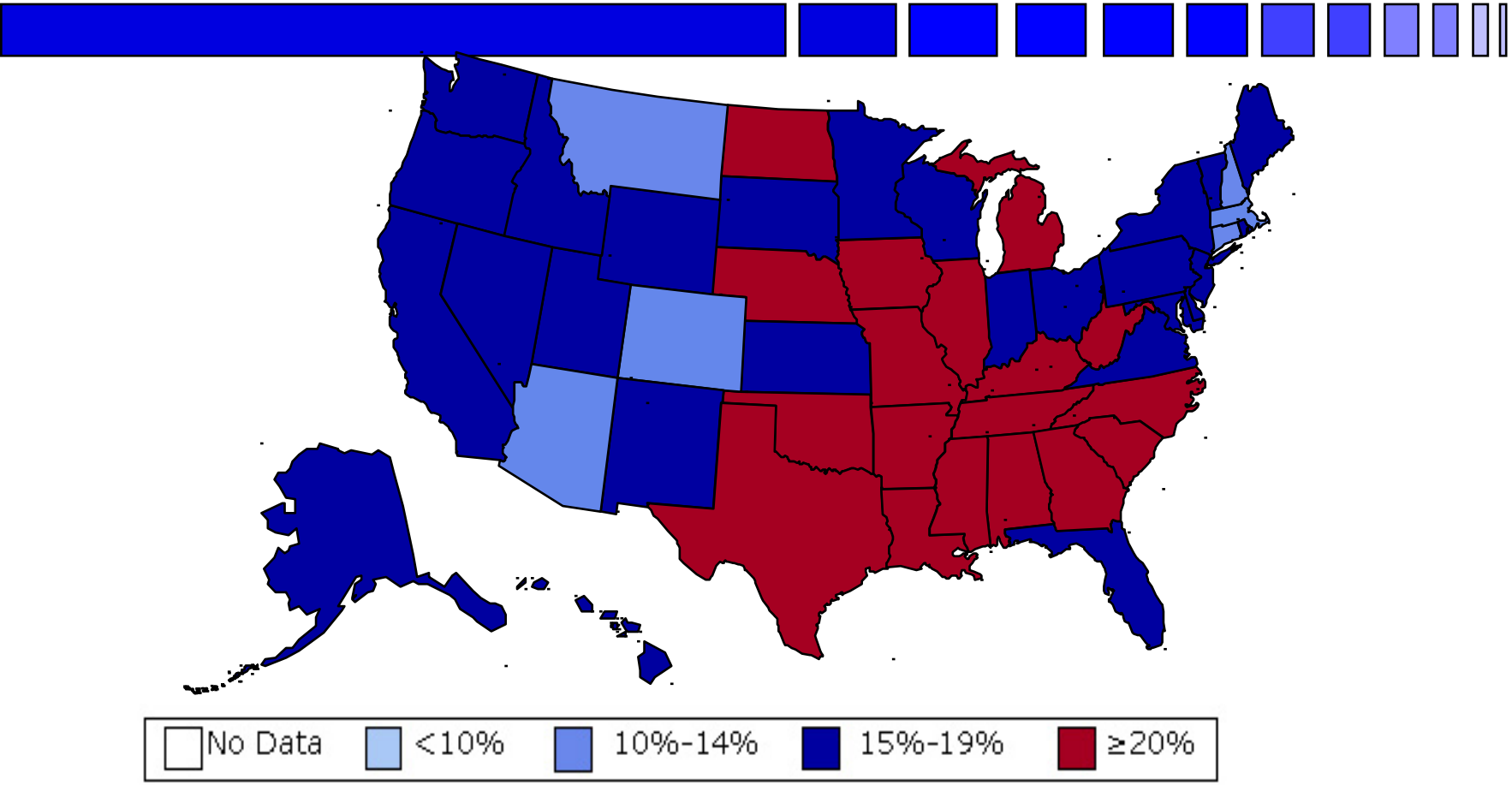
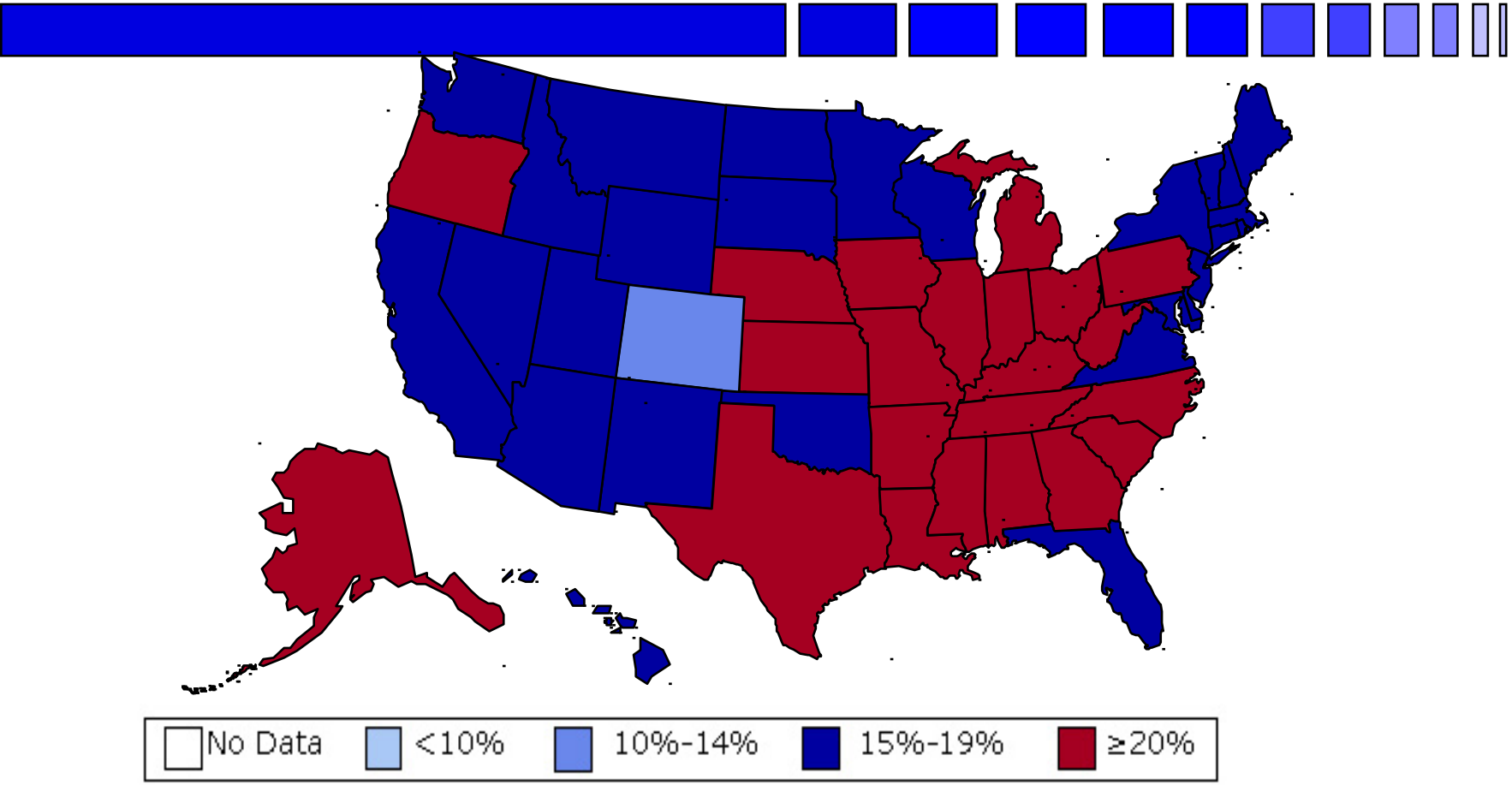


Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults
BRFSS, 2000



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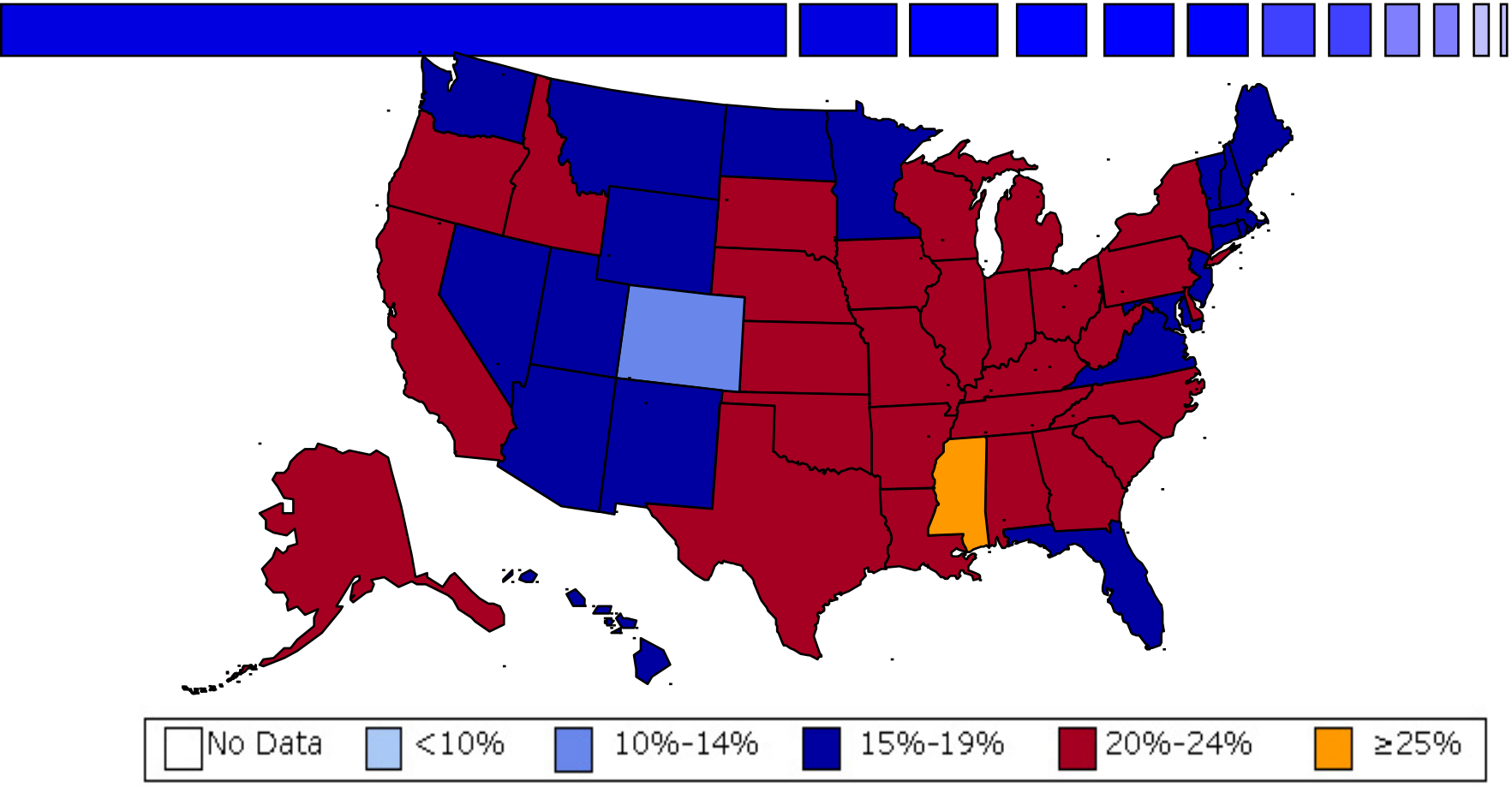
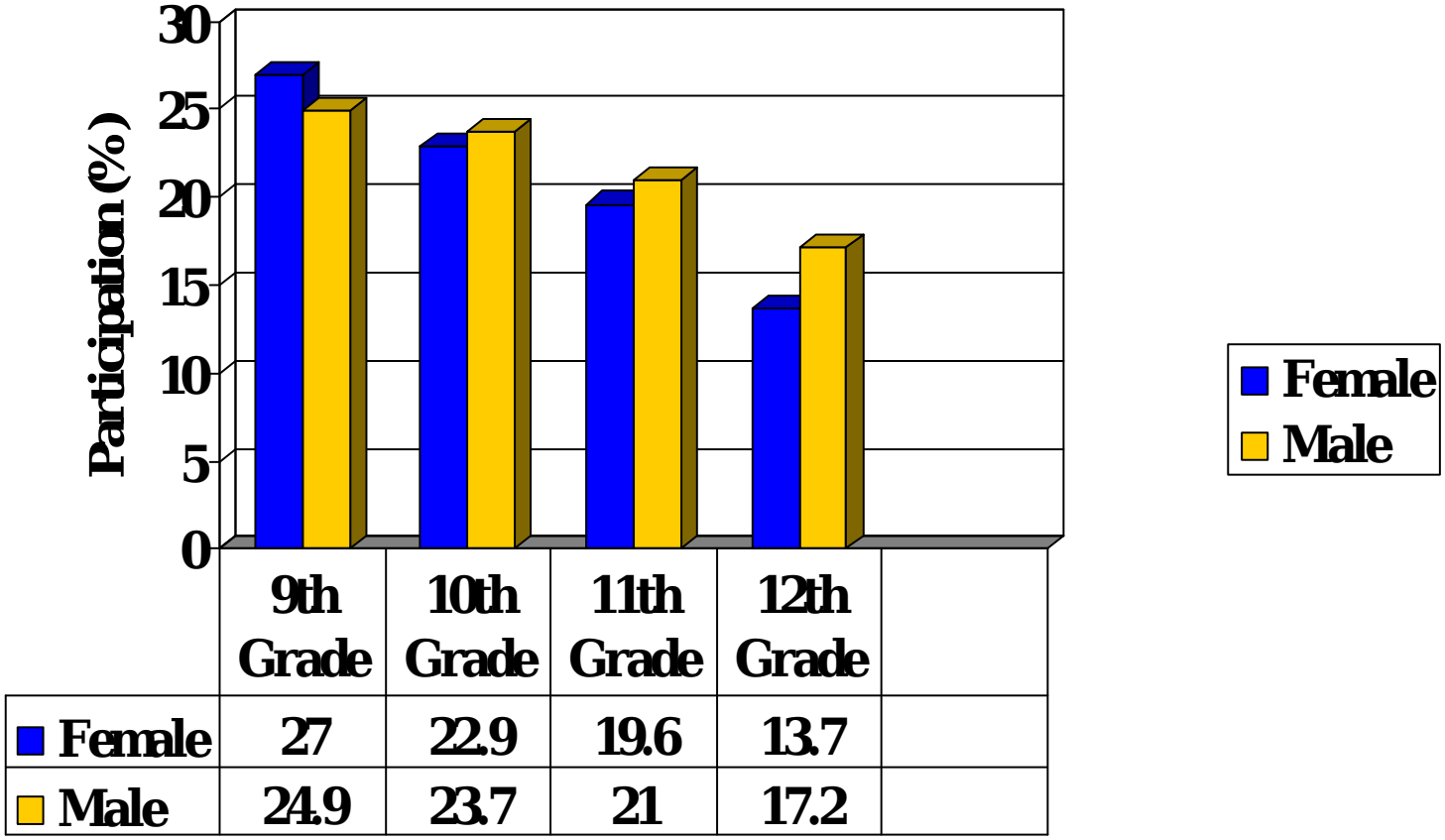


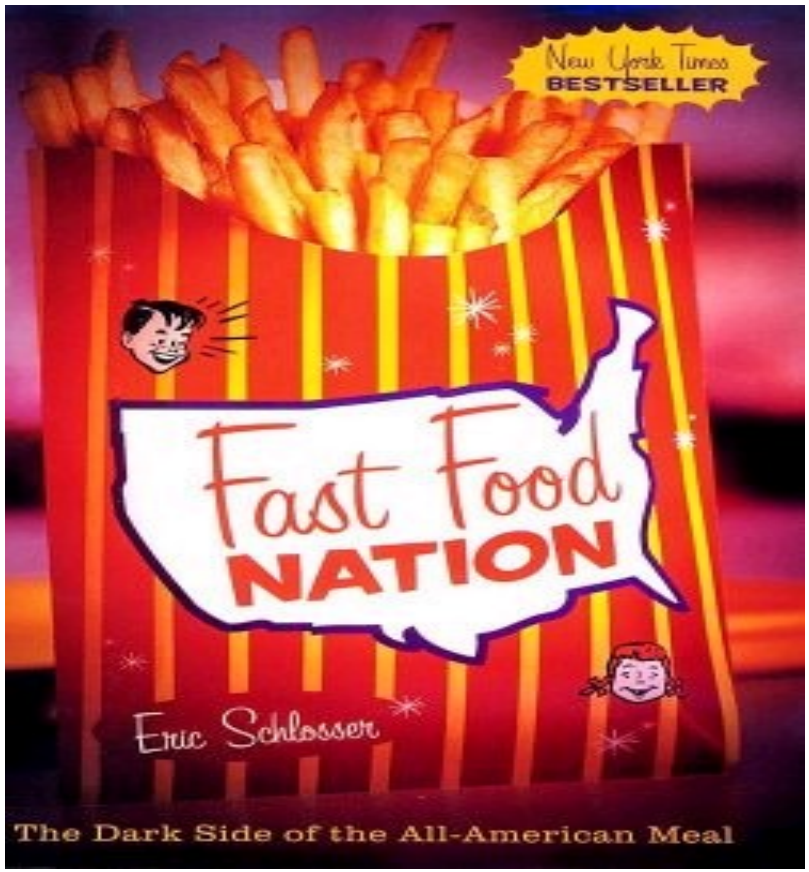
Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Physical Activity of Adolescence *



* Surgeon General's Report on Physical Activity and Health

Fast Food America's Choice

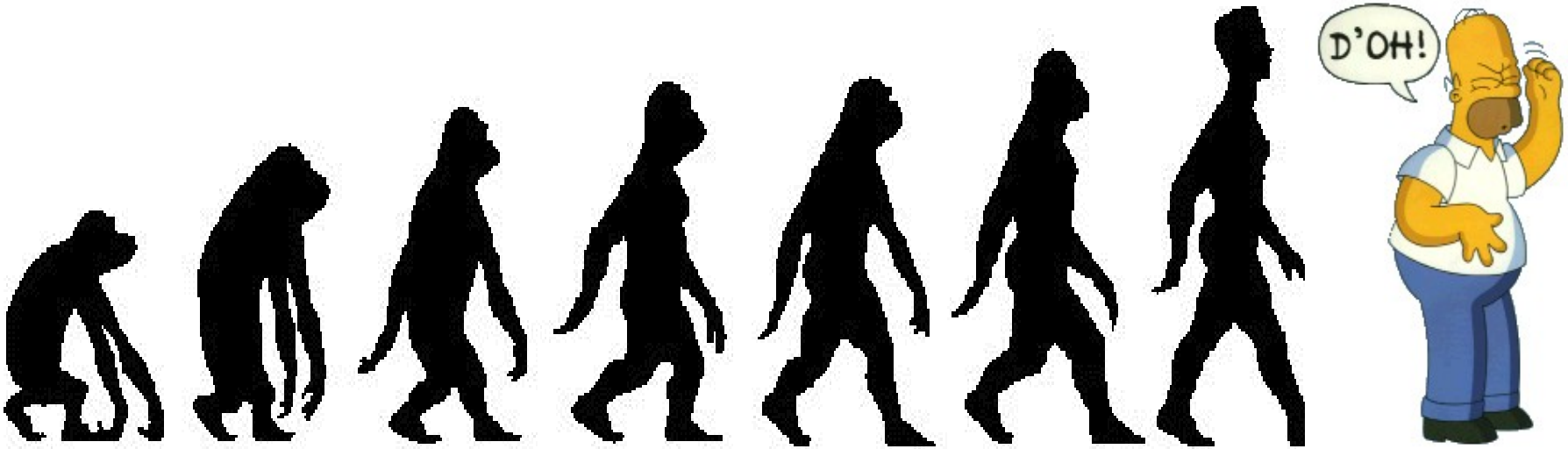


- American children now get about one quarter of their total vegetable servings in the form of potato chips or fries
- Every day one quarter of the U.S. population eats fast food.

The Fitness Fix !

- There is an approximate doubling in risk of coronary heart disease when least active individuals are compared with their most active peers.
- A substantial part of the age-related decline in functional capabilities is not due to aging but to decreased and insufficient physical activity.

Evolution



MC Supersized
SUPER SIZE ME
www.supersizeme.com

Questions?

OPNAVINST 6110.1G

"Everything you wanted to know but were afraid to ask"

Develop a “Fitness Culture”

- More than simply passing the

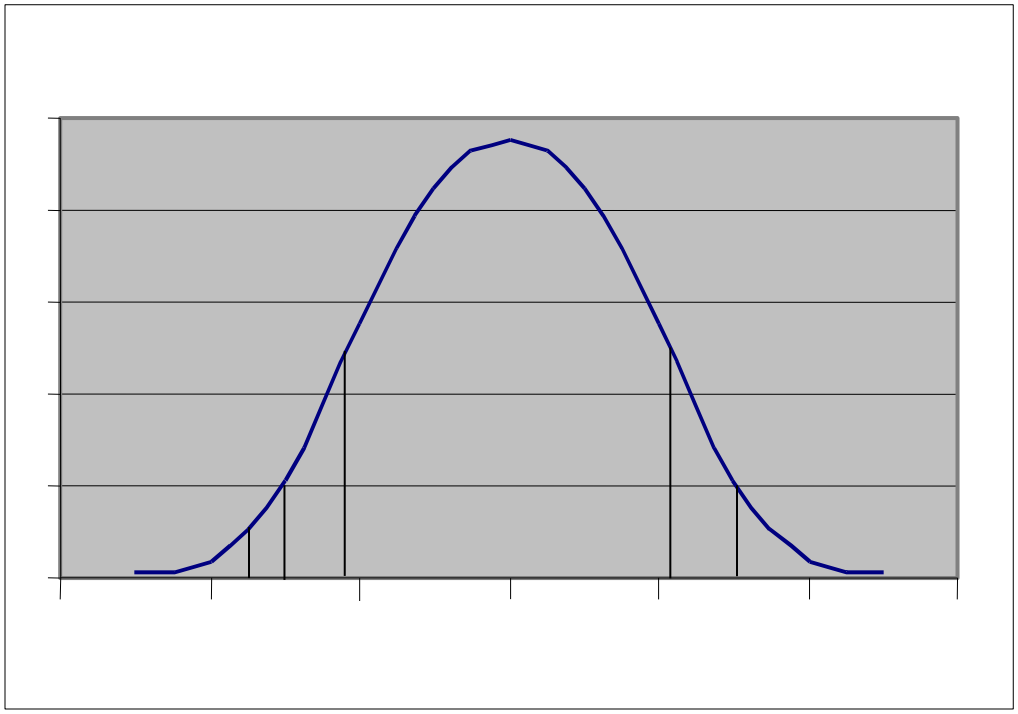
Cooperative effort

- MWR Facilities and Fitness Professionals
- Healthcare Providers
- Command

Purpose / Goals

- General Health
- Physical Fitness
- Readiness
- Occupation
- Performance
- Appearance
- Assessment
- Test
- Administrative Actions
- Metrics

PRT Standards (run times, #of push-ups, curl-ups) are based on a percentile distribution of Navy Population



Predictions

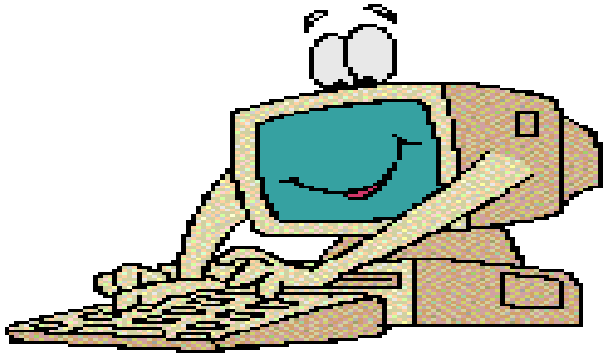
90% score Satisfactory or better

75% score Good or better

25% score Excellent or better

10% score Outstanding or better

PRIMS IN A NUTSHELL



Physical Readiness Program

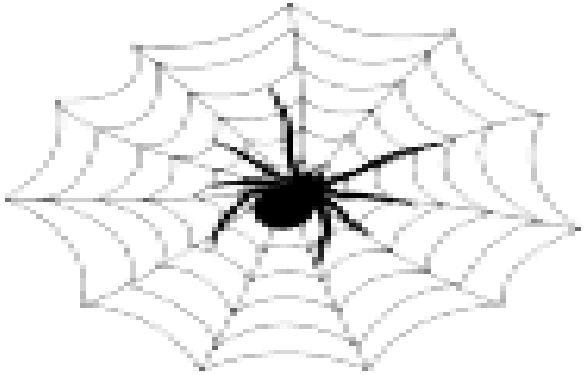
- **PRIMS**
  - **P**hysical
  - **R**eadiness
  - **I**nformation
  - **M**anagemen**t**
  - **S**ystem

PRIMS

- WHAT is it?
- WHERE do I find
- HOW does it work

Physical Readiness Information Management System

- Web based
- Provides the means for tracking command PFA results
- Provides report for Chain of Command
- Manages FEP and administrative data



Location

- https://prims.persnet.navy.mil
- Log In ID = Your SSN
- Pass Word = Your BOL Password

Member Transfer

- Transfer disk no longer required
- Upon check out member may be deleted from file
- On check in “transfer in” new member
- Members reported PFA[illegible]ars along with the membe[illegible]

OPNAV 6110.1G

- **Medical Screening and Waivers**
- **Conditioning and Test Safety**
- **Fitness Enhancement Programs (FEP)**
- **Body Composition Assessment(BCA)**
- **Physical Readiness Test (PRT)**
- **Physical Readiness Information Management System (PRIMS)**
- **Administrative Actions**

Instructions

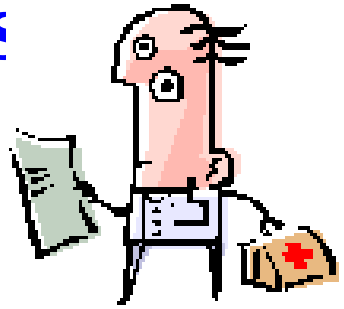
- **The time invested in reading instructions will pay large dividends**

Questions?

Medical Screening

Enclosure (3)

Medical Screening includes



- **Current Physical Examination**
- **Current Preventive Health Assessment (PHA)**
  NAVADMIN 140/04
- **Current Physical Activity Risk Factors Questio (PARFQ)**
- **Waivers from physical activity, if required**

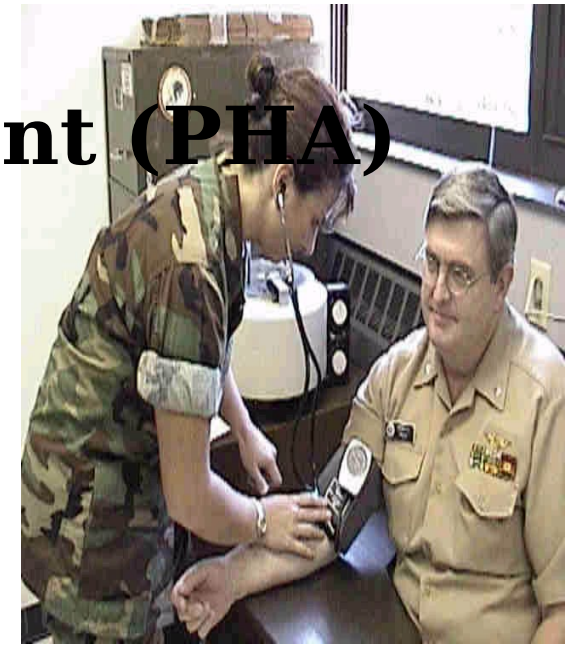
Active Duty

Verify current periodic physical examinati

If not current…member shall not be tested or participate in physical conditioning

Preventive Health Assessment (PHA)

NAVADMIN 140/04



Reserve Personnel

- Cleared for PFA for 12 months after completion of short form physical (NAVMED 6120/3)

Physical Activity Risk Screening Questions

PARFQ

Member “goes on line to complete”, saves, and prints out

CFL distributes for member to complete

If answers “yes” to PARFQ question not previously cleared for, member **d PARFQ to medical to facilitate clearance**

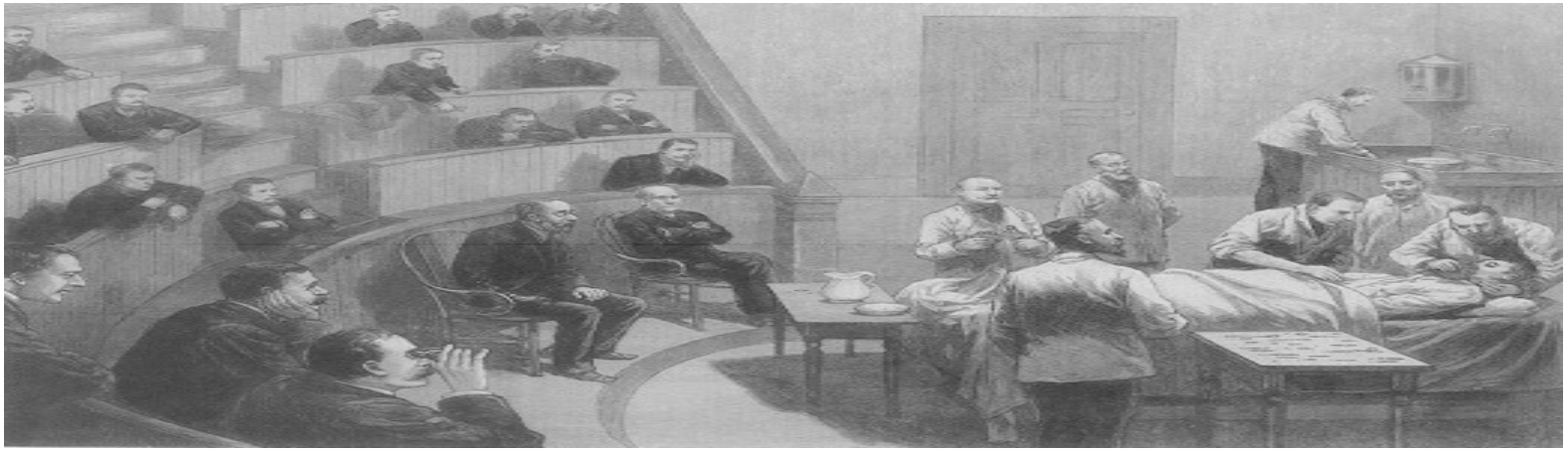
Member returns with clearance

Member Referred to Medical When:

- Current periodic physical has expired.
- Answers “yes” to PARFQ question not previously cleared for.
- Answers “yes” to any pre-physical activity question.
- Failed BCA for first time in career.
- 50 years old or older and have not successfully completed a PFA in the last 12 months

BCA Medical Waivers

- Only for individuals recovering from a medical or surgical condition that interferes with measurements
- May not exceed 6 months
- Must be in writing by a specialist and reviewed by a medical department head



Pregnancy Waivers

- Confirmation of pregnancy
- PT recommendations
- Termination of pregnancy

Questions?

Conditioning and Test Safety

Enclosure (4)

Safety First

- **Operational risk management -risk analysis 24 hours prior**
- **Body composition complete not less than 24 hours prior**
- **CPR- certified monitors - 1 for every 25 participants**
- **Safety plan for medical assistance**

Single stick exercise

Site Selection

Run site --- avoid the chuck holes
---watch the traffic

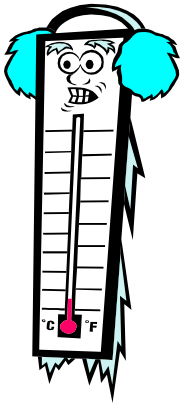
CPR-certified personnel shall be placed at appropriate intervals so entire course is in view of monitors.

Make sure the course is measured correctly

Certified lifeguard is required for swim

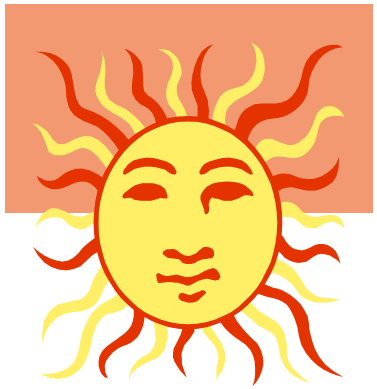
Weather “Show Stoppers”

Weather Conditions



Wind chill is 20 degrees F or lower

“Black Flag” conditions



Safety Concerns During PRT

85-87.9 WBGT **Amber flag**

Strenuous exercise/activity should be curtailed for new and unseasoned members

(1st 3 weeks)

88-89.9 WBGT **Red flag**

<12 weeks-strenuous pt/exercise curtai

>90 WBGT **Black flag**

Pt/exercise suspended for all

Water

Adequate fluid intake is vital … drink up

Before ….. during ….. after…

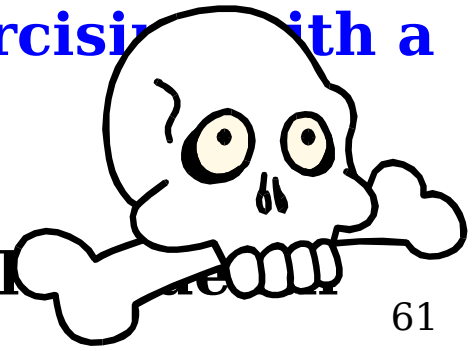
AHAJOKES.COM
TO MAINTAIN A HEALTHY BODY, YOU MUST DRINK AT LEAST 8-10 GLASSES OF WATER PER DAY.
GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG GLUG

Drink Up

Dehydration

Conditions that can lead to dehydration include:

- **Not drinking enough fluids daily**
- **Working or exercising in a hot environment-wet or dry**
- **Working or exercising in a cold environment-wet or dry**
- **Going to high altitudes**
- **Drinking too much alcohol or exercising with a hangover**



A loss of 20% of body water can result in

No Smoking

Smoking/Tobacco use

- PRT shall be conducted in a smoke-free environment
- CFL, monitors, and PRT participants shall not smoke or use tobacco products during the entire PRT testing period
- To reduce health risks, smoking and use of tobacco products should be discouraged at least 30 minutes before and 15 minutes after PRT

Pre-Physical Activity Questions

Prior to PRT, FEP, or any command supervised PT, all members shall be asked about their general health

Members recovering from a recen a change in health, or risk facto not be tested

Pre-physical activity SF-600

When symptoms of cardiac distress are noticed in a member, the physical activity shall terminate and, the member

Warm Up

Warm Up

- Gradually increases muscle temperature, metabolism, and blood flow to prepare members for exercise

- Lengthens short, tight muscles

Cool Down

A cool-down is important because it may reduce muscle soreness, cramps, and stiffness after the exercise event or workout

Cool-down for at least 5 minutes by exercising at a light pace using the same muscles just exercised

Questions?

Fitness Enhancement and Weight Management

Enclosure (5)

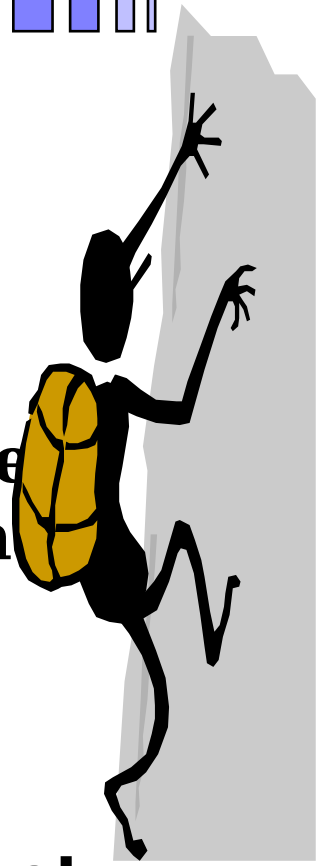
Fitness Enhancement Program

Fail any component of PFA

Overall score of “probationary”

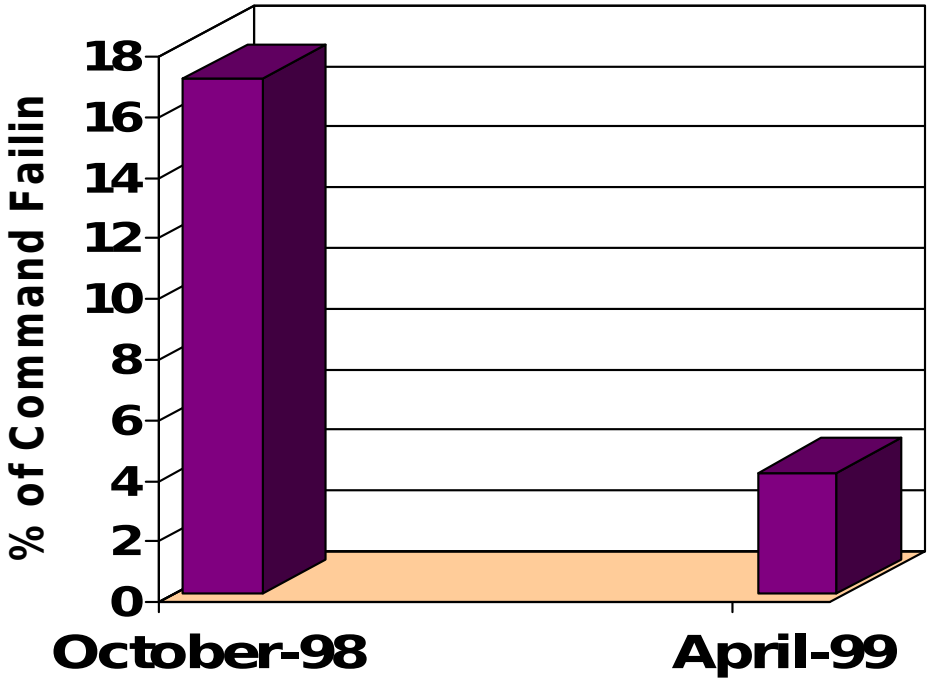
Have a body fat percentage at age adjuste limit and score less than “good low” on any event

Fitness enhancement program is not exclusively for members who do not meet PFA standards



Fitness Enhancement Program

Physical Fitness Training Works!



Trident Training

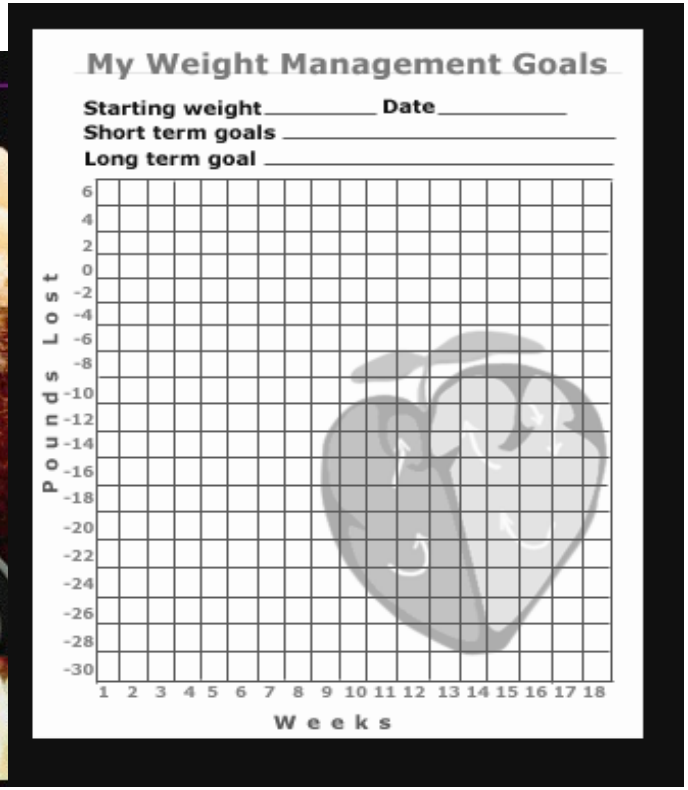
- **Oct 99 PRT Cycle: 17% failed**
- **Highly structured, Command-directed physical conditioning program instituted**
- **Apr 00 PRT cycle: failure rate reduced to 4% of command**

Fitness Enhancement Program

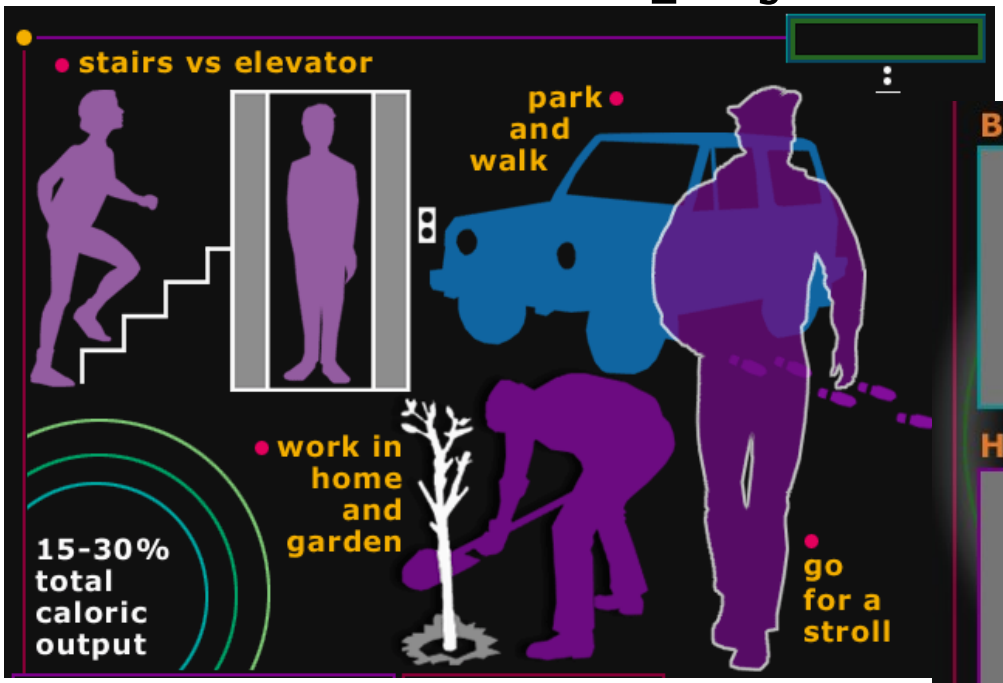
- **Command's individualized fitness programming**
- **PFA performance determines Command oversight and direction.**
- **Leads to Fitness Lifestyle.**

Weight Control … Proper Nutrition

… including command galley procedures …


My Weight Management Goals
Starting weight _____ Date _____
Short term goals _____
Long term goal _____
Pounds Lost
6 4 2 0 -2 -4 -6 -8 -10 -12 -14 -16 -18 -20 -22 -24 -26 -28 -30
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Weeks

…and facilitation and encouragement of physical activity…

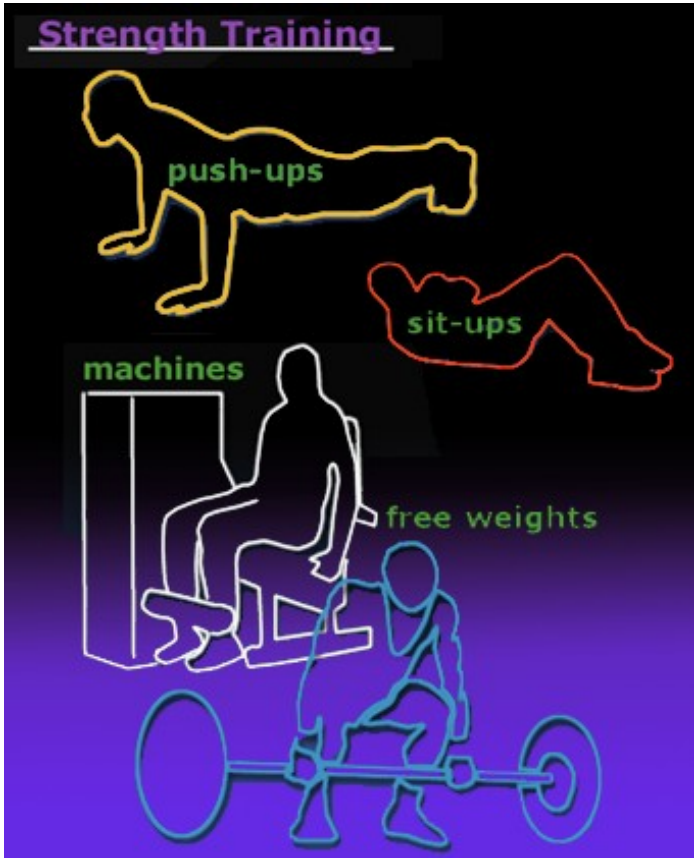


Challenge 10,000 Steps

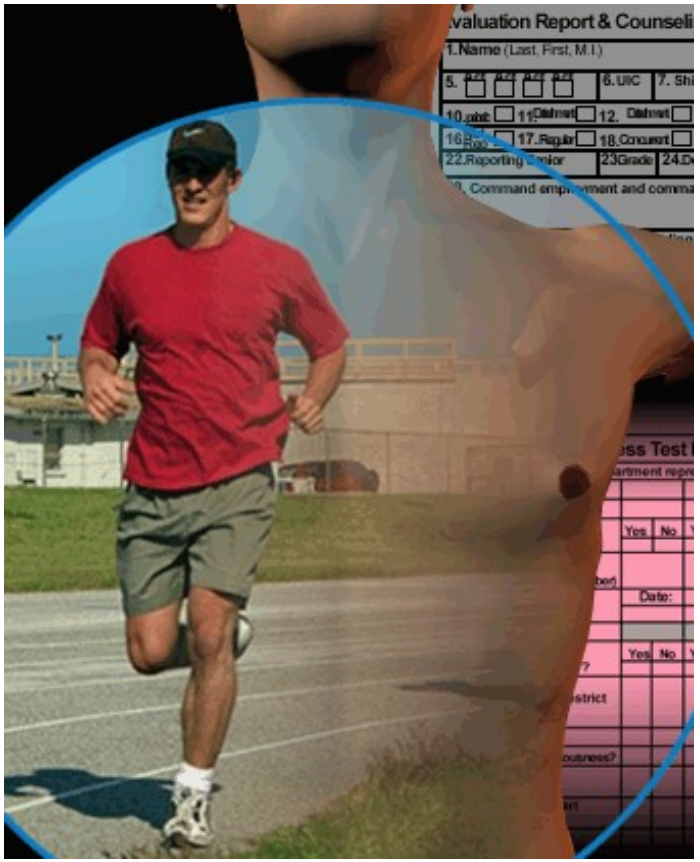
- Wear a pedometer
- Strive to walk 10,000 steps each day (about 5 miles)
- Results in a burn of 2,000 to 3,500 Calories per week
- Great way to increase activity level

Individualized plan

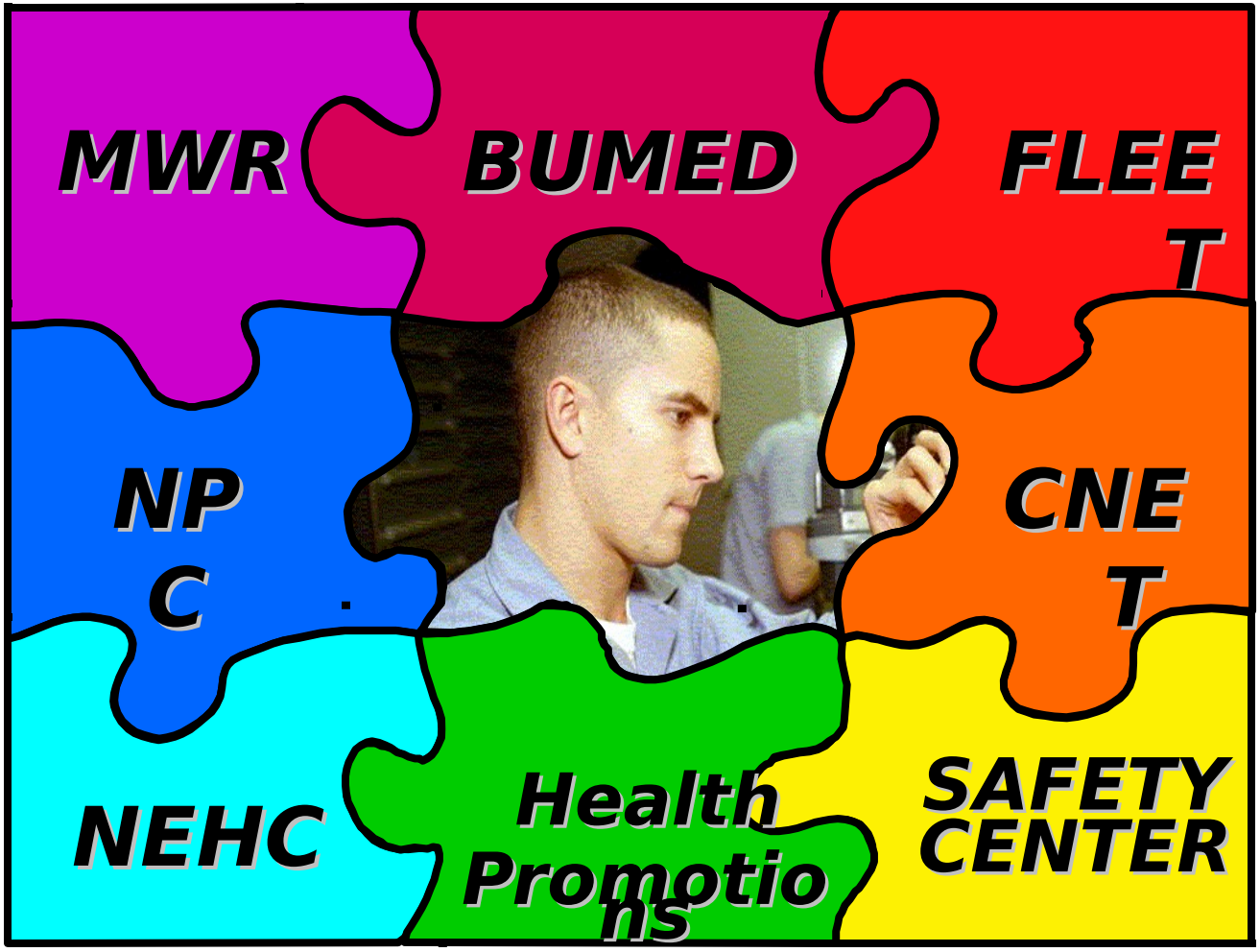
- Exercise prescription
- Nutrition guidance
- Partner with a MWR Trainer
- Monitor progress
- Progress rewarded



- **Time to Change**
- **Obtainable Goals**
- **Recognition of Improved Performance**
- **Leadership Attention to Declining Trends**
- **Fitness becomes Part of Individual's Daily Routine**



Requires Teamwork



Questions

Physical Fitness Assessment
PFA

PFA Components

- BCA - Body Composition Assessment
- PRT - Physical Readiness Test

Body Composition Assessment (BCA)

Navy Physical Readiness

- Body fat and PRT standards are officially…

Not based upon job performance

Not based upon appearance in uniform

Not based upon athletic excellence

Are based upon general health and fitness

Based on Mortality and Morbidity

- **NIH Conference on the Health Implications of Obesity**
  - **Diabetes**
  - **Hypertension**
  - **Coronary artery disease**
  - **Cancer**
- **Definition of Obesity**
  - **20% above midpoint weight**
  - **1983 Metropolitan Life Insurance tables**
    - **22.0% (+-1.20) for males**
    - **33.5% (+-0.18) for females**

Body Fat Measurement Techniques

Method	Std. Error (%)	Cost
Hydrostatic Wt*	1.5 - 3.0	High
Circumference (Navy)	3.5	Low
Calipers *	3.0 - 5.0	Mod
Height / Weight	5.0	Low
Bioimpendance*	4.0 - 5.0	High
Near Infrared	7.0	Mod

- * Research Environment _____

Body Fat Measurements

- **Hydrostatic weight "Gold Standard," but….**
  - **Very expensive, Not all Sailors can participate**

Body Fat Measurements

- **Naval Health Research Center study:**
  - **38 Navy members, six 1-hr training sessions, then after**
  - **75 skinfold measures 24% proficient**

Body Composition Assessment (BCA)

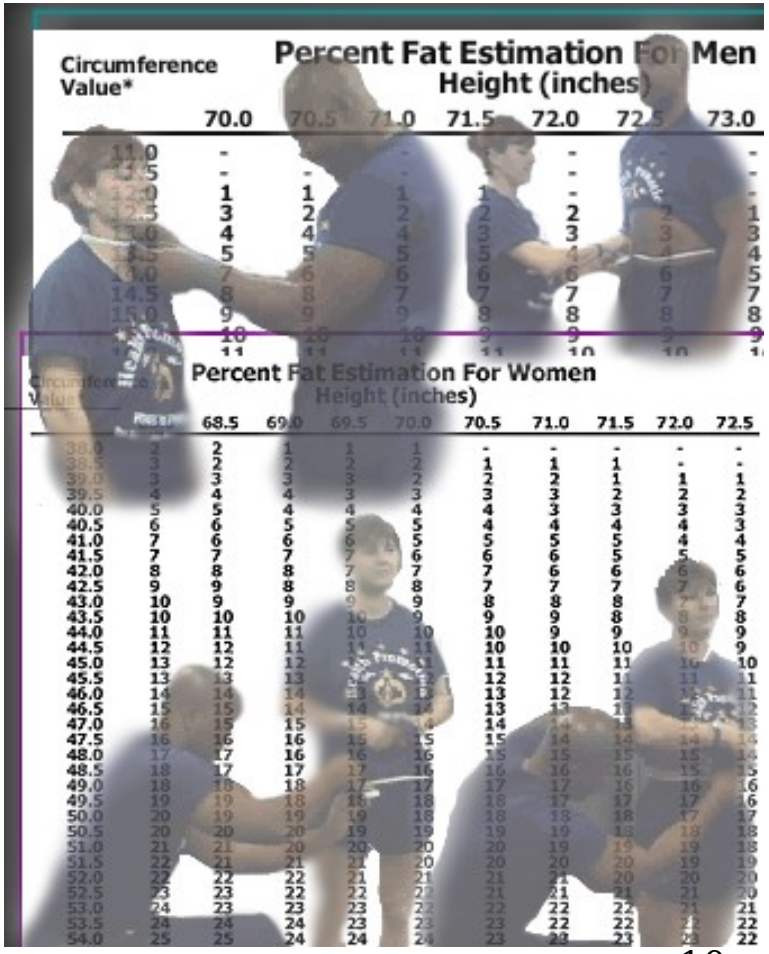
Normally 10 days prior to <u>scheduled</u> PRT but not later than 24 hours
(Safety)

Only CFL measurements valid
(administrative purposes)

Member in PT gear without shoes

Body Composition Assessment (BCA)

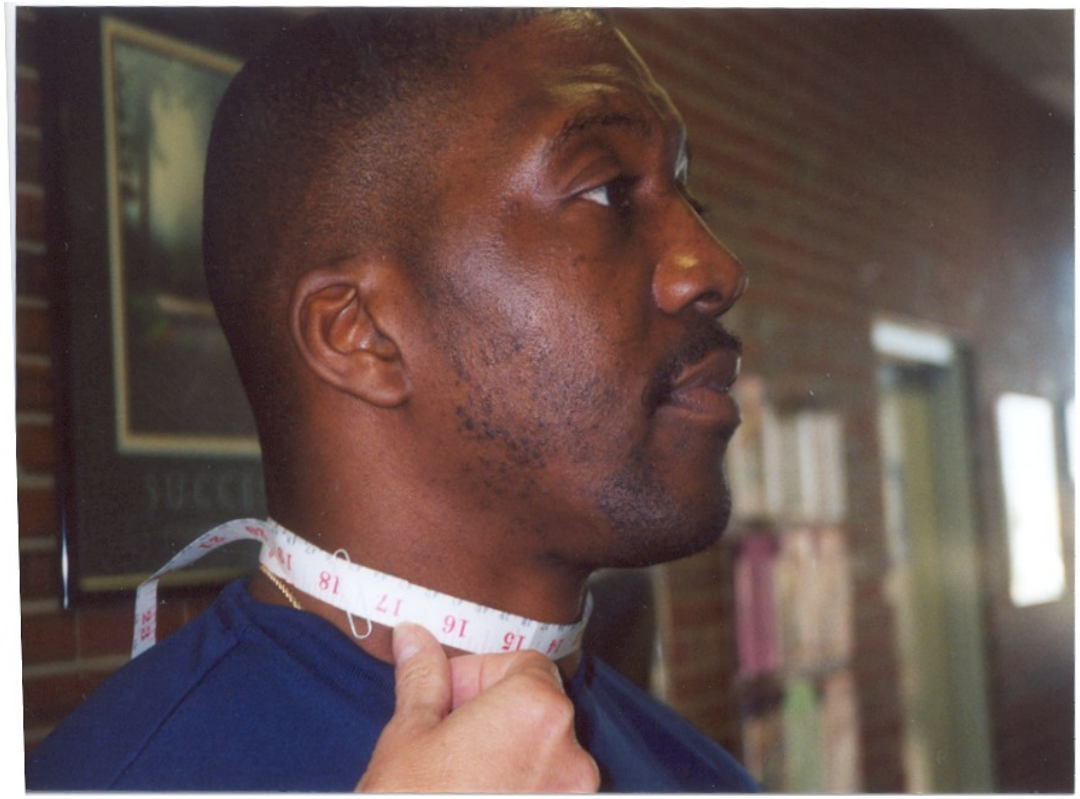
- **Max WT for HT screening.**
- **Body fat % estimation.**
  - Circumference of body segments
  - Different sites for men & women



Body Composition Assessment (BCA)

- **Maximum HT/WT screening**

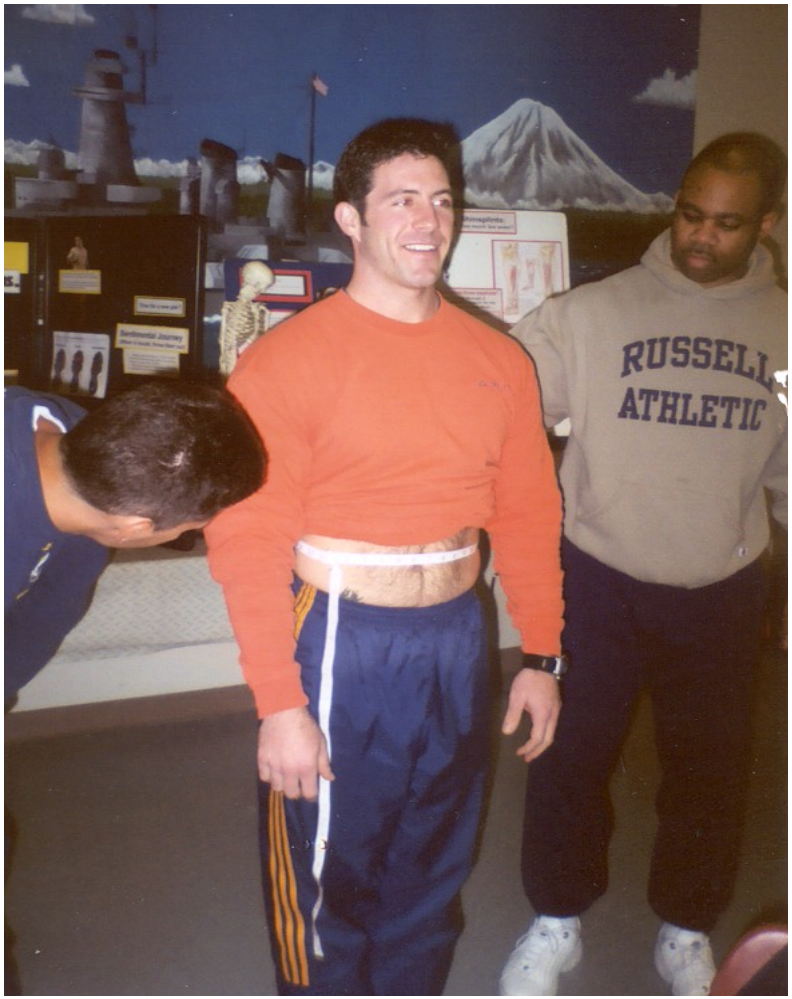
Body Composition Assessment (BCA)



- **Neck measurement male**

Body Composition Assessment (BCA)

- **Male Abdominal measurement**



Body Composition Assessment (BCA)

- **Neck measurement female**

Body Composition Assessment (BCA)

- **Female natural waist measurement**

Body Composition Assessment (BCA)

- **Female Hip measurement**

Questions?

Practice

PRT Sequence

- All on same day, in this order: warm-up, sit-reach, curl-ups, push-ups, cardio, and cool down.
- Allow at least 2 minutes but no more than 15 minutes between events

Sit Reach

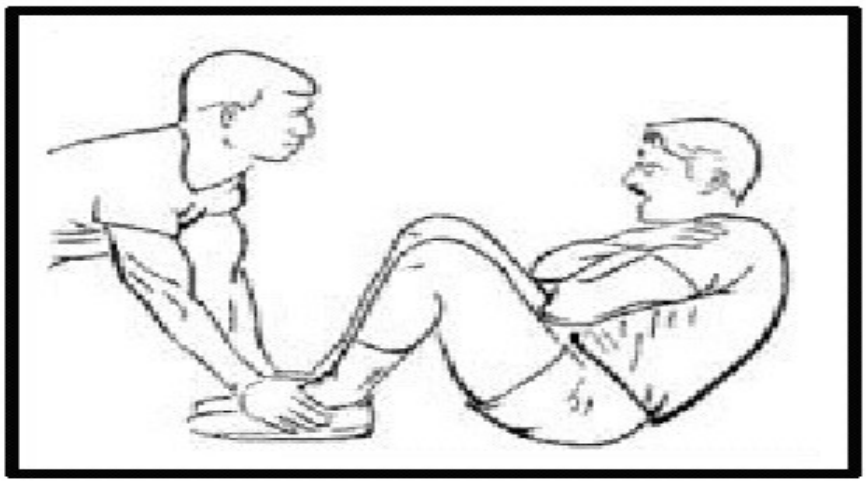
- Sit on deck, legs extended, knees flexed,feet together, toes pointed up
- Reach slowly forward and touch toes with fingertips of both hands simultaneously
- Hold reach for one second-do not bounce or lunge

Curl - Ups

- Participants shall start by lying flat on back - knees bent- heels about 10 inches from buttocks. Arms folded across and touching upper chest, or shoulders
- Feet shall be held to the floor only by partner's hands.
- May rest in the up or down position

Curl - Ups

- Timer calls out 15 second intervals for 2 minutes
- Participants curl body up - elbows to thighs - keeping hands in contact with chest or shoulders
- Particip hing lower e to deck



Curl - Ups

- Stop event if participant, lowers legs, raises feet off ground/floor, lifts buttocks off ground/floor
- Fails to keep arms folded across and touching chest
- Fails to keep hands in contact with ch

Push - Ups

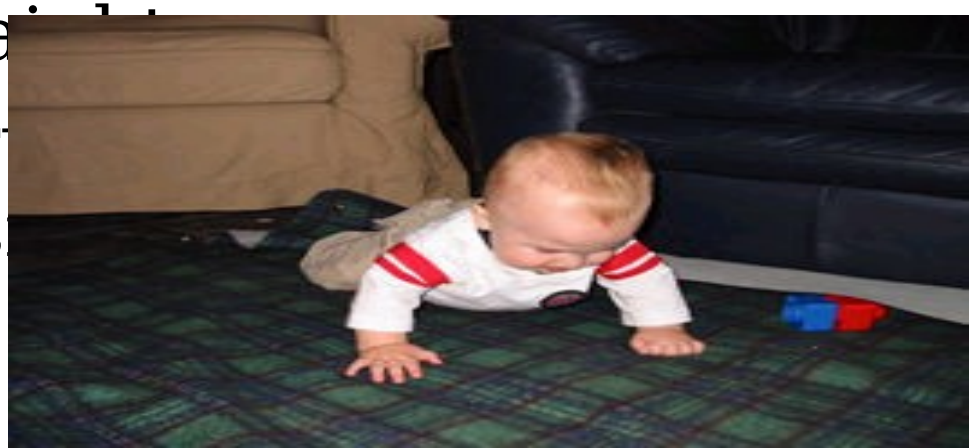
- Shall be performed on a firm or suitably padded surface
- Participants shall begin in a “front leaning rest” position, palms of hands placed on floor directly beneath or slightly wider than shoulders.
- Both feet together on the floor

Push - Ups

- Back, buttocks, and legs shall be straight from head to heels
- Toes and palms of hands shall remain in contact with the floor
- Feet shall not contact a wall or other vertical support structure
- Timer calls out 15 second intervals for 2 minu

Push - Ups

- Participants shall lower entire body as a single unit, until upper arms, shoulders, and lower back are aligned and parallel to deck.
- Participants shall return to starting position by raising body until arms are stra
- Par the “up” pos



Push - Ups

- Event is ended if participant touches deck with any part of the body except hands and feet
- Raises one or both feet or hands off deck or ground
- Fails to maintain back, buttocks, and l

1.5 Mile Run Walk

- Any combination of running or walking is allowed
- Event shall be conducted on a flat solid surface

Treadmill Run

- Commanding Officer may offer
- Treadmill must be motor- driven
- Have adjustable speed and inclination
- Odometer that accurately measures distance

Treadmill Run

- Treadmill inclination set to 1.0%
- Participant may set any speed
- Timer shall signal start and call out time intervals

Run Is Stopped When:

- Participant stops running or walking other than to re-tie shoes etc.
- Changes treadmill inclination from 1.0
- Supports body weight using arms, hands, torso, or any mechanical device

500-yard or 450-meter Swim

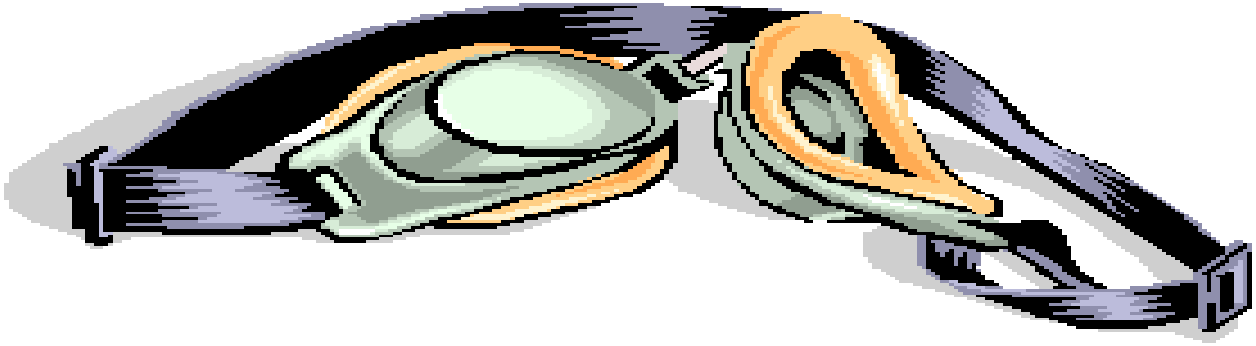
- Any swim stroke … any turn
- Only conducted in 25 or 50 yard/meter pool

500-yard or 450-meter Swim

- Swimmers begin in water
- Timer signals start and call out time intervals
- Record time with stop watch
- Swimmers may push off from sides

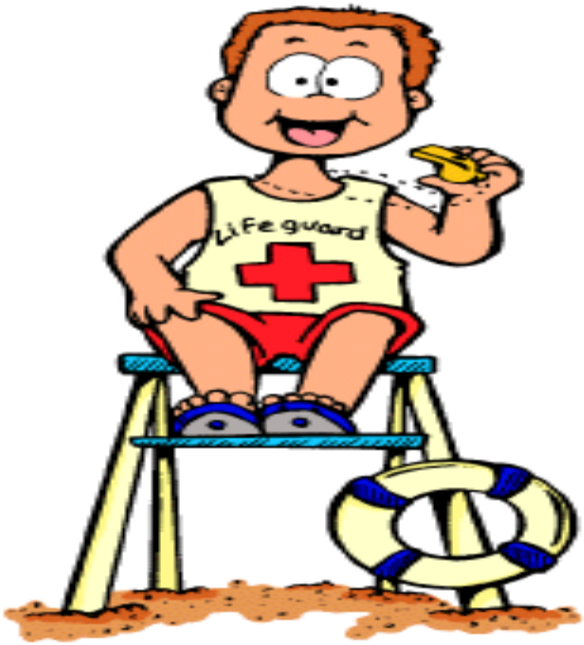
500-yard or 450-meter Swim

- Rest by treading water, holding to side of pool, or standing
- May use goggles, facemasks, swim caps, and or plugs
- Fins, snorkels, flotation, wet suit and propulsion device is not allowed



500-yard or 450-meter Swim

- Event is stopped when swimmer moves forward while resting
- Receives or requires assistance from lifeguard



Run Waivers

- Members who are medically waived from 1.5 mile run/walk are **not** required to participate in the swim even

X-rays of two knees illustrating (left) degenerative, osteoarthritis and (right) rheumatoid arthritis

Grading Questions?

"The problem is not that your hopes are too high you fail to reach them, it is that they are too low
Michelangelo

Questions?

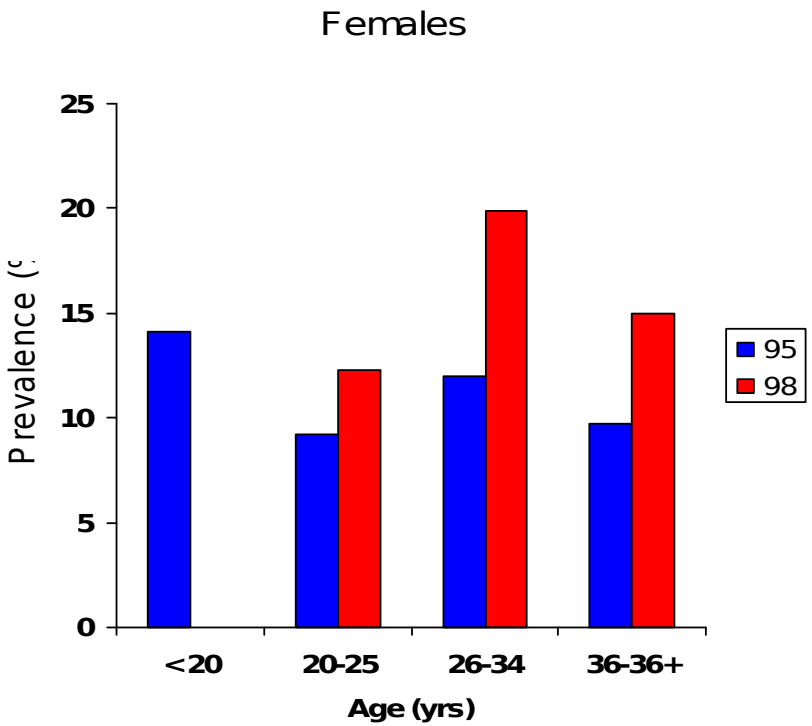
Administrative Actions

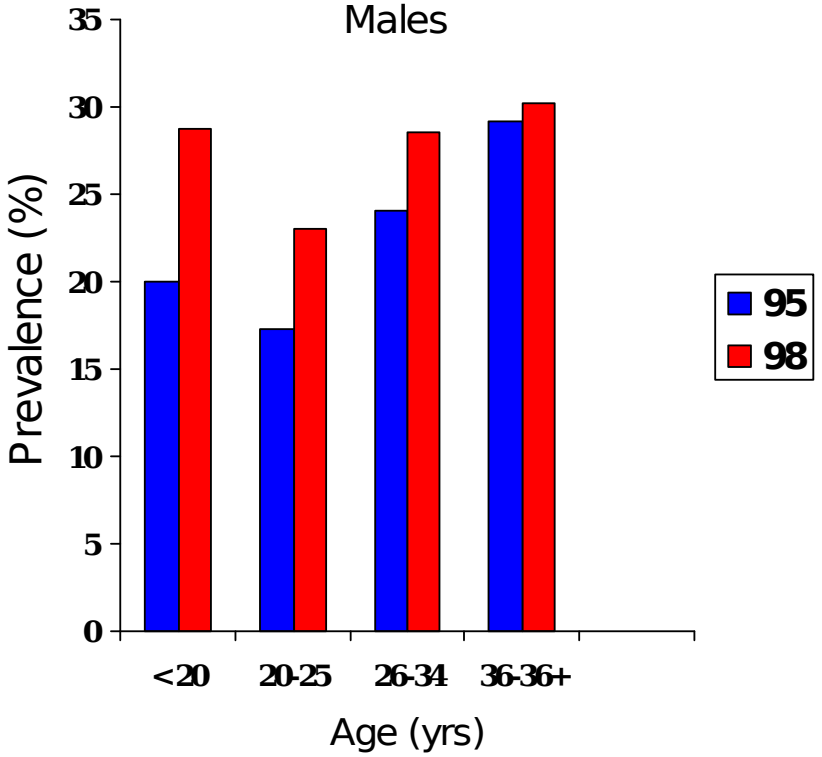
How do we get there?

"If the only tool you have is a hammer, you will see every problem as a nail."
Abraham Maslow

Navy Prevalence of Overweight

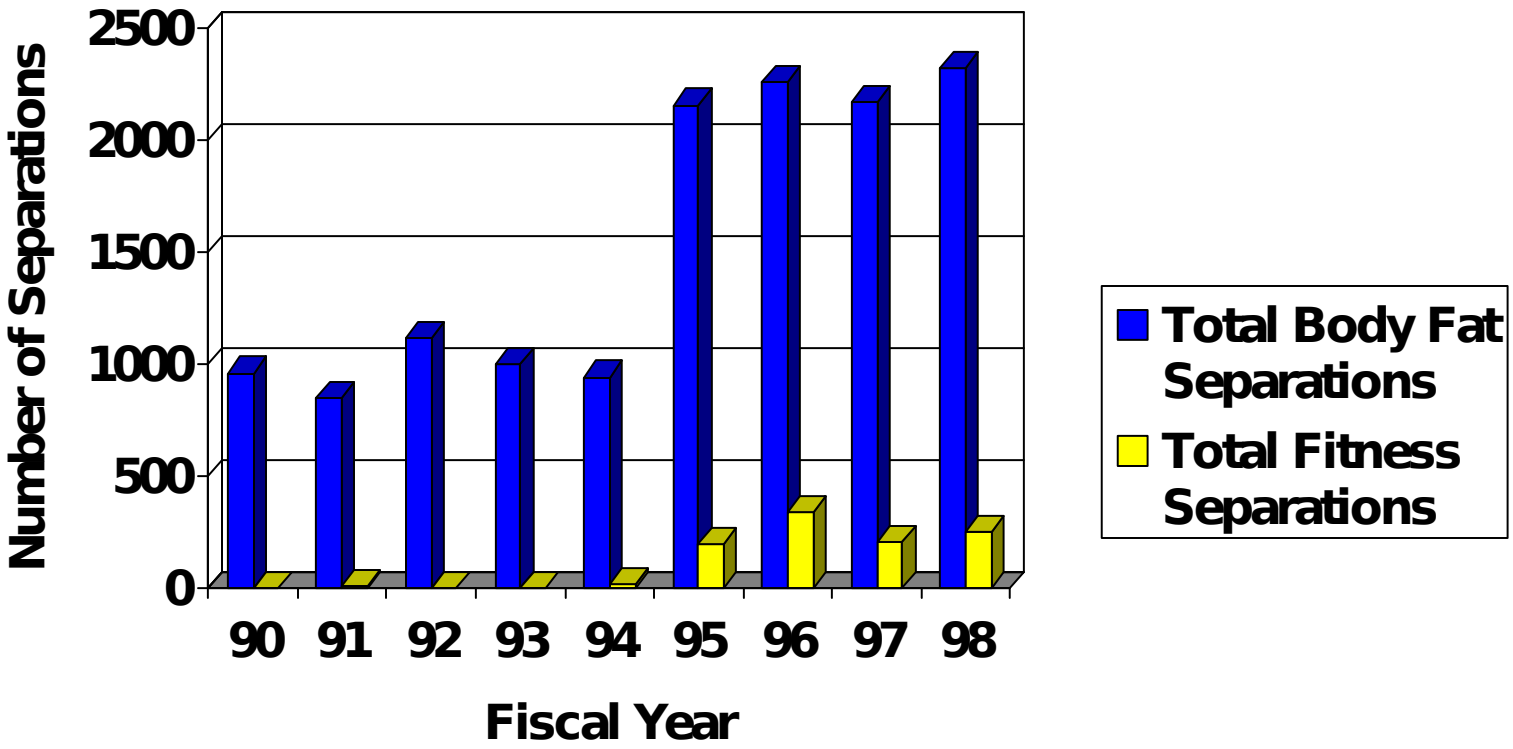
1995 vs 1998*





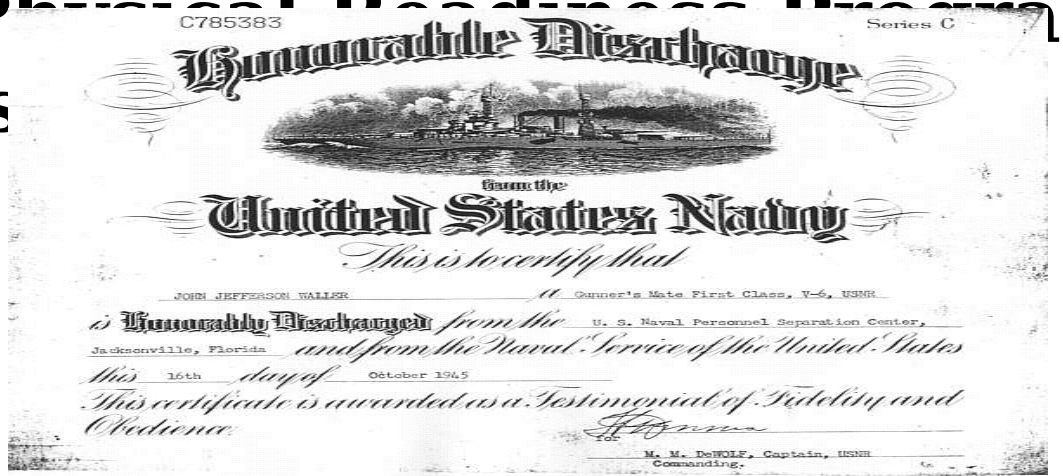
* DoD Survey of Health Related Behaviors

Navy Enlisted Body Fat / Fitness Separations



“Nothing in this instruction requires separation of members during a period of obligated service ….”

“Members shall not be processed for administrative separation solely for failure to meet P[illegible] standards


C785383 Series C

Honorable Discharge

from the

United States Navy

This is to certify that

JOHN JEFFERSON WALLER, Gunner's Mate First Class, V-6, USNR

is Honorably Discharged from the U. S. Naval Personnel Separation Center, Jacksonville, Florida and from the Naval Service of the United States this 16th day of October 1945

This certificate is awarded as a Testimonial of Fidelity and Obedience.

for

M. M. DeWOLF, Captain, USNR
Commanding.

Rules

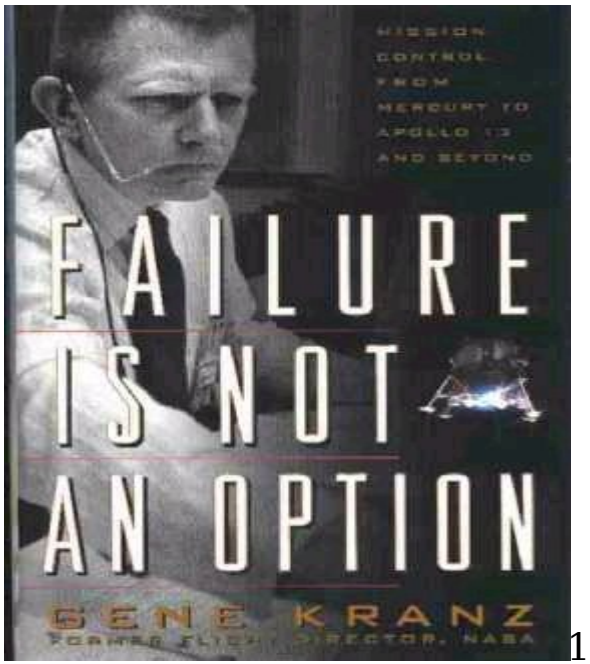
- Members shall not participate in more than two official PFAs in a calendar year
- Only first BCA and PRT of official PFA is valid
- Offi apart but rt

Rules

- BCA taken normally within 10 days of but no less than 24 hours prior to official PFA
- Only BCA taken by CFL (or designated and trained assistant) shall apply to official PFA
- Members shall receive written notification at least 10 weeks in advance … BC ithout prope

Failure Defined

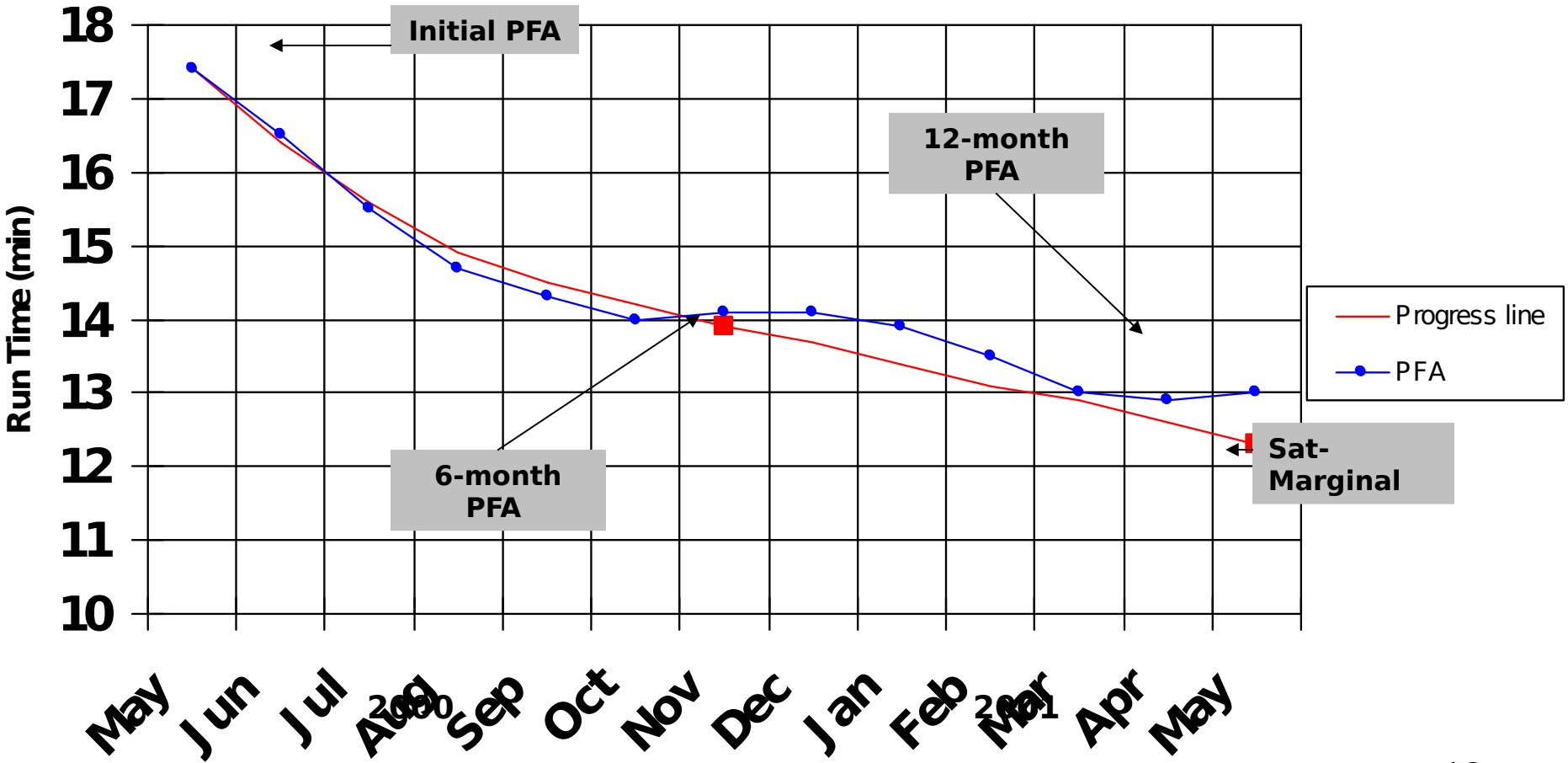
- Failure of BCA as part of PFA is a PFA failure
- Failure of PRT as part of a PFA is a PFA failure
- Failing both BCA and PRT of same PFA is one failure
- Re-testing is not authorized
- PRT waivers … pass …fail



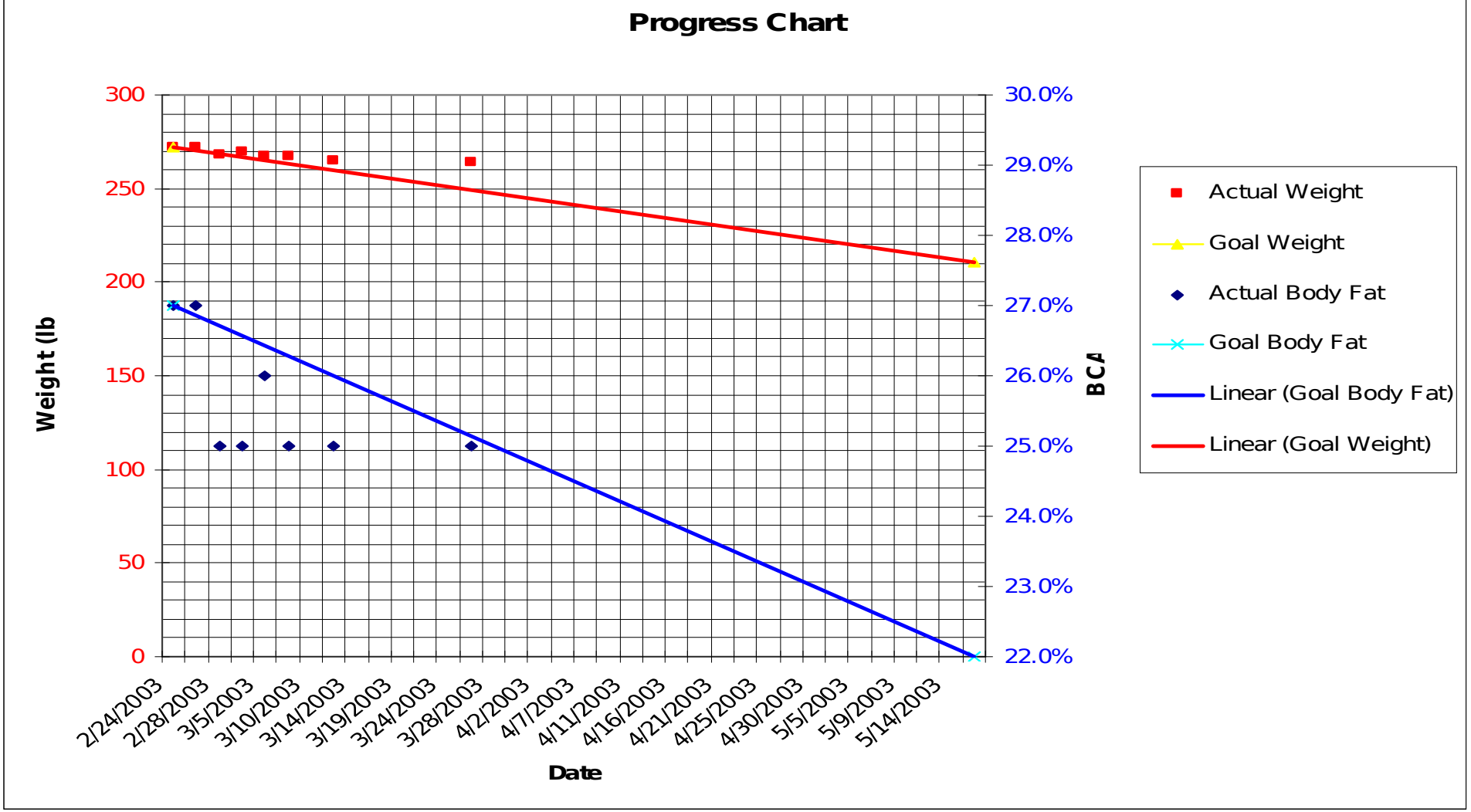
Petty Officer Terry Fails First PFA

- Page 13
- Enrolled in FEP
- Establish a fitness progressi
- Block 20 eval marked

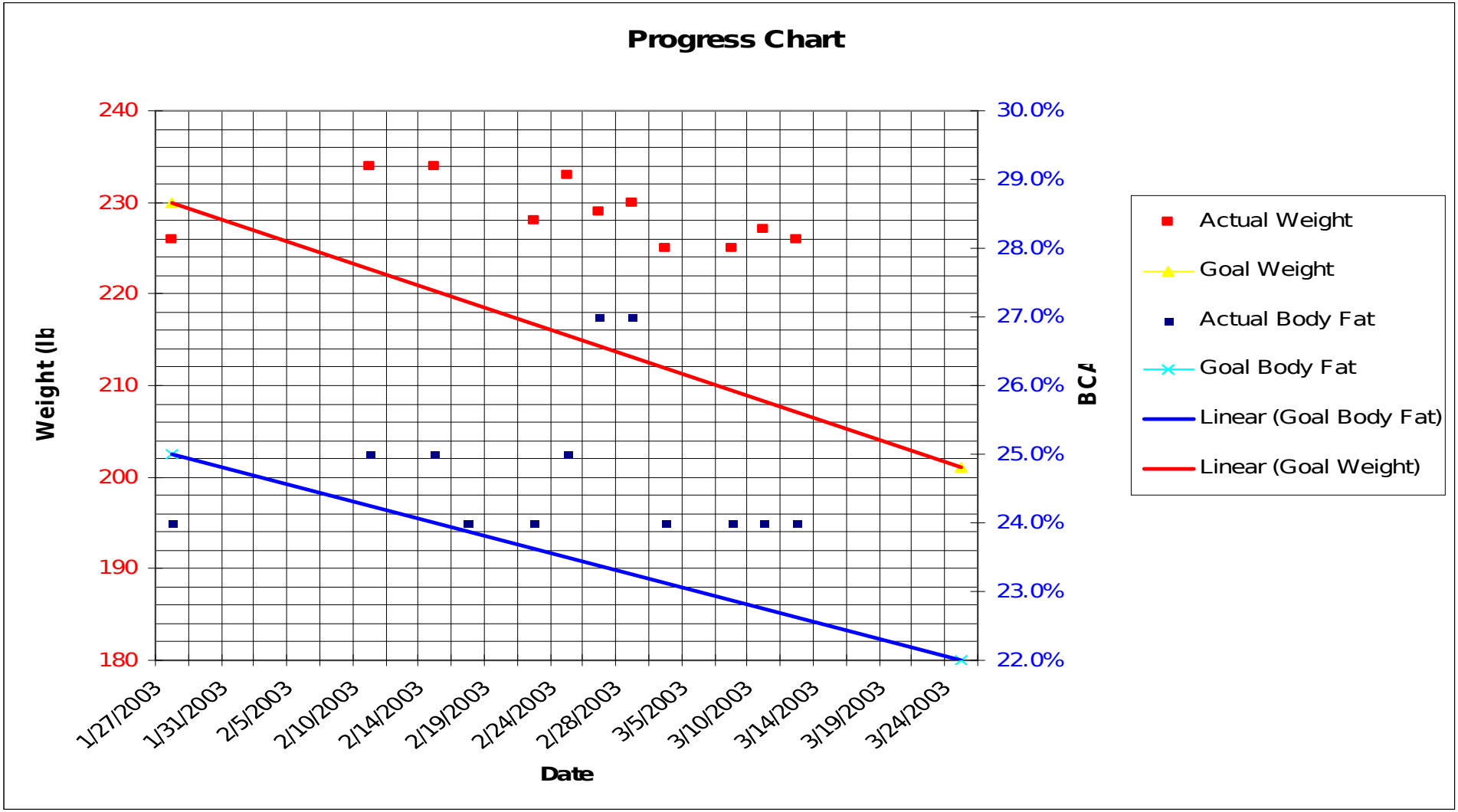
Fitness Progression Run



Fitness Progression



Fitness Progression



Petty Officer Terry Fails Second

- PG 13 issued
- Enrolled in FEP
- Block 20 entry

Petty Officer Terry Fails Third in Four Year Period

If not meeting fitness progression:

- Grade of 1.0 in military bearing
- Marks of ‘significant problems” and “retention not recommended”
- May not reenlist, advance, or redesignate until three consecutive PFAs are passed and within standards on day of action

How Does Petty Officer Terry Recover?

- After two consecutive passes may take advancement exam
- After three consecutive passes may reenlist
- May extend EAOS, in six-month increments, with CO's approval

TEAM WORK

Case Study

- Petty Officer Jones checks in to your command on 1 October 200X
- Your fall PFA is scheduled for 31 October 200X
- Petty officer Jones appe g some extra weight”

- What is your plan?

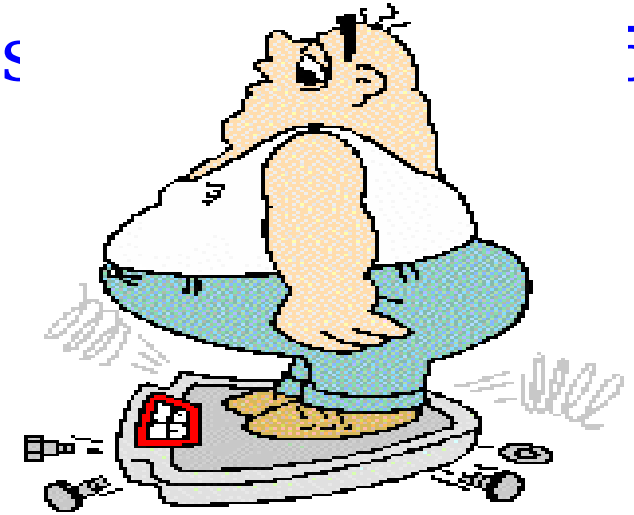
Reference

- OPNAV 6110.1G Enclosure (8) page 11 para 16

Case Study

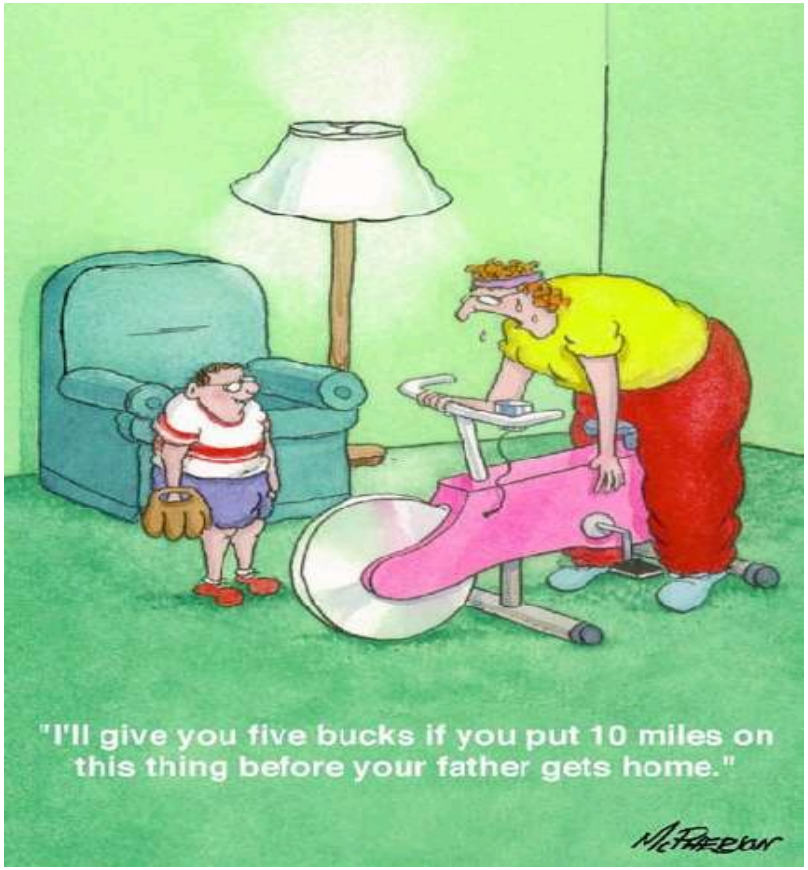
- You elected to conduct a BCA on PO Jones; his height is 72.25” his weight is 205 pounds.

- Does he require measurements?
- What if his 5 pounds ?



References

- OPNAV 6110.1G Enclosure (6) page 2
- Appendix A to Enclosure (6)



Case Study

- You enter PRIMS with Petty Officer Jones (less than 10 weeks on board) measurements … his body fat is calculated to be 24% … P.O. Jones is 39 years old.
- Should you hit “save” in PRIMS after the calculation?
- Is he “out of standards”?
- Are you allowed to enroll him in FEP?

Reference

- OPNAV 6110.1G Enclosure (6) page 2 paragraph 3
- Enclosure (5) page 2

Case Study

- You are preparing for the next PFA, Petty Officer Jones has been on board for 8 months.He does not have a current physical.
- How to you clear him for the PFA scheduled for March 2004?

Case Study

- He returns from medical with a Body Fat waiver signed by a HM1.
- Do you accept the body fat waiver?
- If not what are your options?

References

- Enclosure (3) paragraph 1c
- Enclosure (3) page 8 paragraph 3f

Case Study

- PO Jones is now cleared to participate … and passed his BCA. However when you ask the group the 7 pre-physical activity questions he mentions that he has been having chest pains.

- What should you do?

Case Study

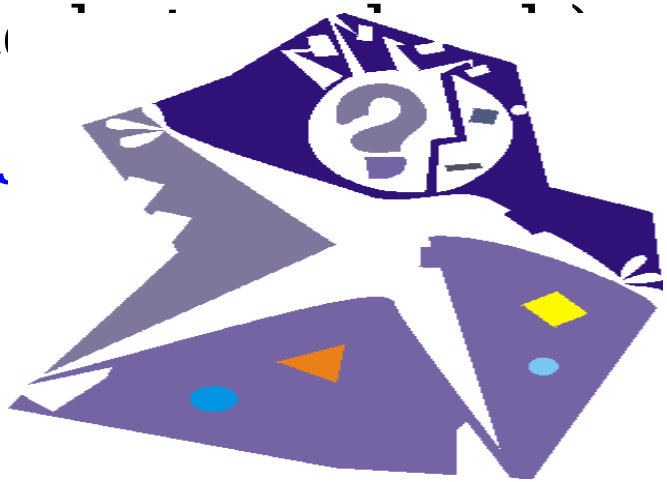
- Assume that Petty Officer Jones' complaint was a head cold the morning of the PFA.
- W

Reference

- Enclosure (3) page 4 paragraph 4

Case Study

- Petty Officer Jones is cleared to participate in the PRT (he was measured within standards at 22%). His scores are: Sit Reach Pass, Curl Ups 83, Push Ups 70, Run 14:30. (PO Jones is a 39 year old male the test is conduct
- Has PO PFA?



Case Study

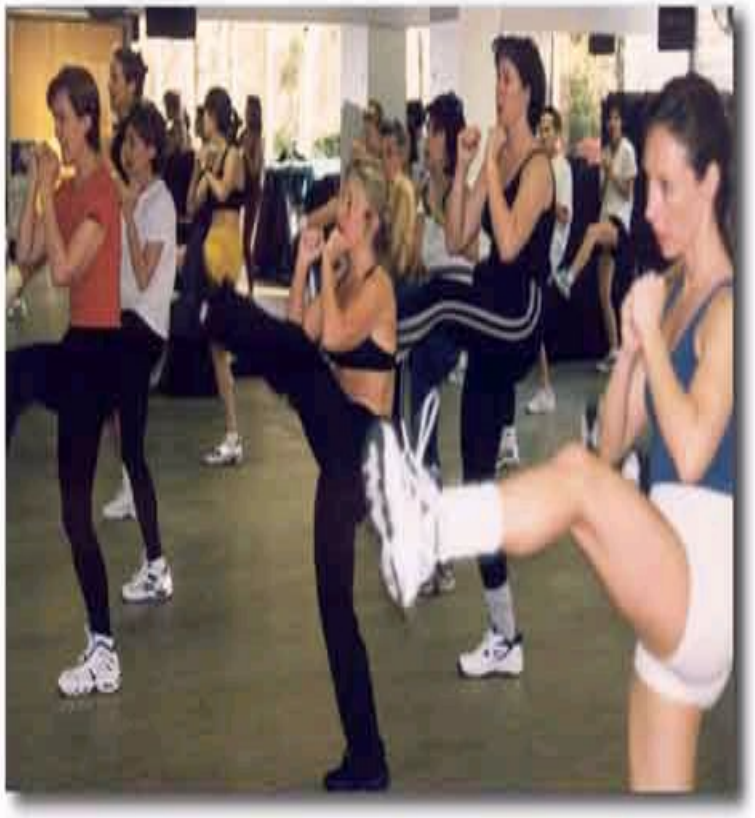
- Petty Officer Jones is cleared to participate in the PRT (he was measured within standards at 22%). His scores are: Sit Reach Pass, Curl Ups 83, Push Ups 70, Run 14:30. (PO Jones is a 39 year old male the test is conducted at sea level.)
- M[illegible]'EP?

Case Study

- Petty Officer Jones is cleared to participate in the PRT (he was measured within standards at 22%). His scores are: Sit Reach Pass, Curl Ups 83, Push Ups 70, Run 14:30. (PO Jones is a 39 year old male the test is conducted at sea level.)
- What would his overall score be if his run time was 15:30?
- What would his overall score be if he had a valid medical waiver for the run?

References

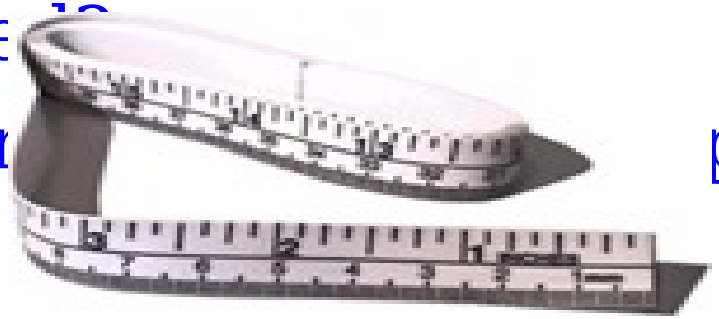
- Enclosure (7) page 17
- Enclosure (7) page 11 paragraph 9
- Enclosure (8) page 2



Case Study

- Petty Officer Jones has failed the PFA for Body fat. He is 20 pounds over weight and his body fat measurement is 25%. This is his first failure in the last two years.

- What are the administrative actions required?
- How ar p him?



Reference

- Enclosure (8) page 3-9

Case Study

- You are troubled so you look up Petty Officer Jones' record in PRIMS… he has 4 PFA failures in last 4 years.

- Does anything change?

Questions?